



# Long-Term Effects of Stimulant Medications

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# Long-Term Effects of Stimulant Medications



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*ADHD and  
Attention Coach*

## *Introduction*

I understand the reluctance to take medication in any form. The question is, why would one take a medication? For me, it is a simple answer, that is, if your quality of life is better long term, then it would be something to consider.

I underwent radiation treatment 15 years ago for cancer. Why? To extend my life. The treatment, however, damaged my thyroid gland. That damage has a profound impact on my energy level, among other things. To that end, I need to take thyroid medication for the rest of my life. Why would I do that? Because my quality of life is significantly better long term. All that said, I'm not pro-medication. I am anti-suffering and anti-ignorance.

The conversation around ADHD and stimulant medications goes as far back as 1937 when the stimulants were first used. Even today, it is a very controversial topic. Misinformation and strong opinions are everywhere. Many of those in the news media demonize medications outright, while others see them as a cure-all. There's no shortage of disclaimers and debates about the long-term effects of stimulant medications.

I spent years searching for an expert who could speak on this topic without a conflict of interest, that is, someone who wasn't tied to pharmaceutical companies, advocacy groups, professional bias, or self-proclaimed experts. Finally, I found Dr. Andrew Cutler who ran clinics conducting clinical trials on stimulant medications among other interventions. Unlike many voices in the conversation, Dr. Cutler isn't pushing an agenda; he's focused on facts. I invited him to be interviewed on Attention Talk Radio to shed light on this issue and provide the public with objective insights into the long-term effects of ADHD medications.

This eBook is not medical advice. It's not here to tell you what to do. My goal is simply to share information so you can make an informed decision that feels right for you. I hope you find it helpful.

Jeff Copper, MBA, PCC, PCAC, CPCC, ACG

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## *Andrew J. Cutler, MD-Profile*

Dr. Andrew J. Cutler earned his MD from the University of Virginia School of Medicine in 1989 after graduating from Haverford College. He completed dual residencies in Psychiatry and Internal Medicine at the University of Virginia, where he also served as Chief Resident. Board-certified in both fields, he has been conducting clinical research since 1993 at institutions including the University of Virginia, the University of Chicago, and, since 1996, in Central Florida.

As Chief Medical Officer of Meridien Research and a Courtesy Assistant Professor of Psychiatry at the University of Florida, Dr. Cutler specializes in clinical trials for ADHD, depression, anxiety, bipolar disorder, schizophrenia, and other neuropsychiatric conditions. He is a sought-after speaker, educator, and author, frequently publishing in medical journals and presenting at international conferences. He also serves on advisory boards and peer reviews scientific articles.

Dr. Cutler has received numerous accolades, including the Distinguished Clinical Professional Award from the Central Florida chapter of the National Mental Health Association in 1999 and recognition as a Top Doctor by Orlando magazine from 2002 to 2007.

