

Medication Information

Strattera

Strattera (atomoxetine) is a norepinephrine reuptake inhibitor used to treat attention deficit disorder (ADD or ADHD) in children and adults. The usual daily dose is 40-100 mg.

Advantages compared to other similar medications: Strattera can be taken once daily (although it is sometimes given twice). It is not a stimulant like Ritalin or Dexedrine and therefore has a low incidence of stimulant side effects.

Precautions: Because this medication can cause dizziness do not drive or operate heavy machinery until you know how you will be affected. Do not take Strattera within at least 14 days of using a monoamine oxidase inhibitor. Use with caution in patients with hypertension.

Common side effects include: dizziness, orthostatic hypotension, loss of appetite, dyspepsia, nausea, and constipation. In rare instances, patients may develop facial tics.

Alternative Treatments: Other medications used to treat ADD include Ritalin, Dexedrine, Adderall, Wellbutrin, Effexor, imipramine, clonidine, Tenex, and Inderal. Some children become less hyperactive on a low sugar diet. Certain "natural" substances have been found helpful in milder cases. These are not as well studied, may be manufactured with less quality control, can cause adverse reactions, and are usually less predictably effective than medication. They include L-tyrosine, 5-HTP, and Gingko Biloba. Psychotherapy, especially cognitive-behavioral, is often helpful.