Today’s piece was prepared by Kelsey Richardson, MD based on a Fox News article, “Childhood use of ADHD medications linked with weight gain in teen years”

<http://www.foxnews.com/health/2014/03/18/childhood-use-adhd-medications-linked-with-weight-gain-in-teen-years/>

This Fox News article cites recent research relating weight gain to stimulant medication use for ADHD, describing a “rebound” weight gain during adolescence.

This article describes a newly published *Pediatrics* study that uses chart review to identify changes in growth patterns in patients with ADHD taking stimulant medications. The journalist summarizes research conclusions that childhood use of stimulant medications is associated with increased BMI later in life, perhaps even after the medications have been discontinued. The article references prior research associating ADHD and increased BMI, but reports this relationship is small compared to the effect of stimulant medications on increased BMI. Readers will understand the point of an association but may not understand that the original research does not prove causality. Parents expect pediatricians to accurately explain risks and benefits of stimulant medications before initiating treatment. Good quality resources to assist families interested to understand ADHD and medication treatment benefits and risks is essential.

**RESOURCES ON ADHD & PSYCHOTROPIC MEDICATION:**

CHADD

<http://www.chadd.org/> *National organization for consumers interested in ADHD*

Psychiatric Medications and kids

<https://depts.washington.edu/dbpeds/Resources.html#section4_textarea24_heading> *Multiple links*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!