

Ritalin

What is Ritalin?

Ritalin is the brand name for the medication methylphenidate. When abused, it **stimulates** the **mind and body** in much the same way as **amphetamines** and **cocaine**. Doctors use Ritalin to treat attention deficit hyperactivity disorder (ADHD).

People who abuse Ritalin usually **crush it into a powder**. They **snort it**, or **dissolve** and **inject it**.

Illegally possessing or selling methylphenidate is a criminal offense. Convictions result in fines, prison sentences and criminal records.

Effects of Long Term Use

- The most common side effects of long term Ritalin use include **nervousness** and **insomnia, loss of appetite, headache, stomach ache and dizziness**.
- There is some evidence that long-term use can **suppress growth** in children.
- People who inject high doses of Ritalin daily can become **paranoid**.

Effects of Short Term Use

- Abusers of Ritalin may feel **euphoric** ("high"), even at low doses. If the user take high doses of Ritalin, they may get **exhilarated and excited**.
- Ritalin can make the user feel **more alert**, or make the user **drowsy**. They may have **trouble sleeping**. Sometimes, Ritalin can make the user feel **less tired right away, but very tired later**.
- The user may **lose their appetite**, feel **nauseous and vomit**.
- The user might also get a **headache and a fast, irregular heartbeat**. It can make them feel **dizzy or nervous**.
- The user may also find that **physical movements** are **more difficult**.
- High doses may make the user **agitated, confused, and paranoid**. The user may **hallucinate**.
- With high doses, the users **muscles twitch, pupils dilate, turn red** and their **heart beats faster and harder**. The users **mouth gets dry** and they might **throw up**. They might run a **fever** and **start sweating**.
- Very high doses can make the user **delirious**. The user could have **seizures**, or even go into a **coma**.

Ritalin and Addiction

People who abuse Ritalin for a long time will eventually need more to feel its effects. They can become **psychologically dependent** on the way it makes them feel. They may **panic** if they are unable to get more, and **crave** it if they try to stop using it. They can also become **physically dependent**. When they stop using, they may feel **exhausted and severely depressed**.