

September 2018, Volume 22, Number 1

NJ ADD/ADHD Adult Newsletter  
ADD Adult Self Help Support Group  
For ADD/ADHD Adults  
And Their Significant Others

**MEETING:** The next meeting of the ADD Adult Self Help Support Group for ADDers and their significant others will be on September 20, Thursday, from 7:30 to 9:30 PM at Monmouth Medical Center Cafeteria, Long Branch, NJ. The meetings will be changed to the third Thursday of the month so they will not cause conflicts with the November and December holidays. Here is a schedule of meeting dates from September through May 2018: September 20; October 18; November 15; December 20; January 17; February 21; March 21; April 18; and May 16<sup>th</sup>. We will be off for the summer to enjoy New Jersey at the Shore.

**MEDICATION:** Finally we have an ADHD medication without any significant side effects in Vayarin plus. Vayarin is for children whereas Vayarin Plus and Vayacog are for adolescents and adults. Vatarin Plus is a combination Omega-3 EPA and phosphatidylserine but the two are uniquely bonded to be able to pass the blood brain barrier. Vayacog is Omega-3 DHA and phosphatidylserine. It may take 30-90 days before the effects of increased attention, emotional regulation, and improved performance become manifest. It is a 24-hour a day effect so there are no on or off effects and no side effects except some issues with digestion which are easily managed. You don't have to have a prescription to get it; only make a statement that you are monitored by your physician. The Omega-3 is from Krill a shellfish so if you have issues with fish oil, this may be an alternative.

Another medication that has been brought to my awareness is Evekeo, which is amphetamine sulfate a combination of 50% dextro and 50% levo amphetamines. The levo component seems to have less stimulating and upsetting than the dextroamphetamine. Often generic Adderall is made of dextroamphetamine, which can be over stimulating for many Adders including this one. Unfortunately, Evekeo is FDA approved only for children to my knowledge because of its addiction potential. Over the years, I have seen the levoamphetamine work the best for ADHD, but getting it legally is a major problem.

Looking forward to seeing you at our next support group meeting.

Peace!!!

Bob