

ADHD or Attention Problems?

Pick your poison.

Stimulant Medication

- 1) Fast acting
- 2) Possible side effects
 - Sudden death (in very few)
 - Increased blood pressure
 - New psychotic symptoms
 - New /worse behavior problems
 - New /worse aggressive behavior
 - Slowing of growth
 - Seizures
 - Eyesight changes /blurred vision
 - Headache
 - Stomach ache
 - Trouble sleeping
 - Weight loss
 - Dry mouth
 - Decreased appetite
 - Nervousness
 - Mood swings
 - Dizziness
 - Fast heart rate

Focus for Success Biofeedback

- 1) A few months to learn
- 2) Possible side effects
 - Damp hair in spots

(We use salt water on the biofeedback sensors.)

Focus for Success

Learn more about brain wave biofeedback (neurofeedback).

Cedarbrook Center
Sandy Larson & Jerry Jensen, MA, LP

218-822-3736
www.cedarbrookcenter.org

