



PALS NEWSLETTER

A newsletter of the Pittsburgh ADHD Longitudinal Study

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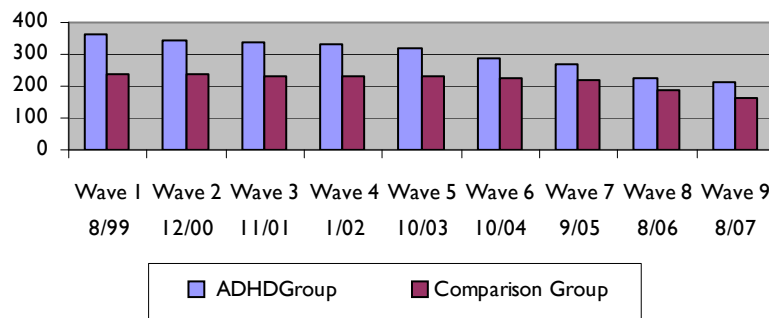
Study Update

Our ninth annual assessments are continuing. To date, more than 376 young adults and 426 parents have completed their

visits. Letters are now going out to every one, whose last visit was before May 2007. The length of visit and payments are the same for everyone except young adults who are now 29 and over. We have added a structured interview for these folks, making their yearly interview last about five hours or less, and they will be

paid \$200. If you have received a letter, and know when you would like to come in, please call us at 412-246-5656. The table details the number of visits participants have completed at each wave. Thanks to all of you for continuing with the study these many years!

Young Adult Visits Completed to Date



ADHD, Stimulant Medications, and Cardiovascular Risk Factors

Dr. Bukstein weighs in....

Last month, the news media was full of stories about the cardiac risks that stimulant medications may pose to children with ADHD. We asked our Medical Director, Dr. Oscar Bukstein to help us better understand the media reports. Dr. Bukstein is a board certified child and adolescent psychiatrist and has practiced for more than 20 years. He was a coauthor of the American Academy of Child and Adolescent Psychiatry's Practice Parameter for the Treatment of Attention-Deficit/Hyperactivity Disorder (AACAP, 2007).

In previous issues, we discussed the controversial issue of whether stimulants (methylphenidate or amphetamine) produce or contribute to severe cardiovascular events such as sudden death, which occur very rarely in children or adolescents whether they are on medications or not. To date there is no evidence that stimulants or other medications for ADHD cause sudden death or place children, adolescents or adults at increased risk for sudden death. The most recent FDA Pediatric Advisory Committee did not recommend that any special cardiovascular tests, such as an electrocardiogram (EKG or ECG) were necessary prior to prescribing medications unless a history of problems existed.

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Frequently asked Questions regarding Payment Cards

In January 2008, UPMC instituted a new system to pay study participants called **WePay**. Participants now receive a plastic debit card that is loaded with the amount of money paid for their study participation. The card is issued with a PIN that is required in order to use the card.

Where can I cash out my card?

Teller's window at Oakland branches of Citizen's Bank:

- 3718 Fifth Avenue (at Oakland Avenue) Lobby Hours: M-F 9AM-5PM
 - 4570 Fifth Avenue (at Craig Street) Lobby Hours: M-F 9AM-5PM, Sat. 9AM-2PM
- Citizen's Bank ATMs available 24 hours/7 days a week
PNC Bank ATMs available 24 hours/7 days a week



What are the denomination limits at ATMs?

Citizen's Bank: increments of \$20 only

PNC's Bank: increments of \$5 only

Other ATM's that display MasterCard, Maestro or Cirrus: increments of \$20 only

Are there fees applied for ATM withdrawals?

Citizen's Bank: None for first withdrawal; fee for subsequent withdrawals based on bank policy

PNC Bank: None for first withdrawal; fee for subsequent withdrawals based on bank policy

Other ATMs that display MasterCard, Maestro or Cirrus: Fees may apply based on bank policy

How do I find out my balance on my card?

Log on to the following web site www.cashlynkmc.com or call 1-800-591-1110

When prompted; enter your card and pin number

Please note balance inquiries @ ATMs will result in a .50 fee

What if I complete my interview by telephone?

Your payment card and pin number will be mailed to you as soon as your interview is completed.

Call the PALS Study line at 412-246-5656 when you receive your card to have it activated.

In most cases, you will be able to access your money within 24 hours of calling.

Cash may be withdrawn from an ATM or used as a debit card for purchases at a retail location.

Can I use the payment card for purchases?

The card may be used for purchases anywhere MasterCard debit cards are accepted.

A PIN number is required at the time a purchase is made.

Keep track of your balance—if the purchase amount exceeds the balance on the card, the purchase will be denied. The cashier may ask for your card balance amount at the time of purchase. If the retail store permits, cash back may also be received at the time of purchase.

What if my card is lost or stolen?

Contact our office as soon as possible.

What do I do with my payment card when the balance is 0?

Bring it back to your next visit and we will reload it.

Who can I call if I have questions about my payment card?

PALS Study (412) 246-5656

Joanne Bethune (412) 802-8421

Tracey Wilson (412) 246-5673

ADHD, Stimulant Medications, and Cardiovascular Risk Factors

Continued from Page 1

Recently, the American Heart Association (AHA) issued a statement recommending EKGs for children (and presumably others) before they start stimulant medications to identify those who might be at risk for sudden cardiac death due to a heart dysfunction. Several weeks later, the AHA modified their original statement in a joint advisory with the American Academy of Pediatrics (AAP) to say that there was inadequate evidence to make EKGs necessary before starting stimulant medications. Their revised recommendation is that *it is reasonable for a physician to consider obtaining an EKG* as part of the evaluation of children being considered for ADHD medication therapy. However, the AHA and AAP do recommend obtaining a family health history and physical exam focused on cardiovascular risk factors.

What are these cardiovascular risk factors? The package insert for stimulants states that these medications should generally not be used or used very cautiously in children and adolescents with preexisting heart disease or symptoms suggesting significant cardiovascular disease. This would include a history of severe palpitations (rapid heart rate), fainting, exercise intolerance, obesity, or strong family history of sudden death. Structural cardiac abnormalities such as tetralogy of Fallot, coronary artery abnormalities, and subaortic stenosis are known cardiac problems that require special considerations in using stimulants. Chest pain, arrhythmias (abnormal heart rhythms), hypertension (high blood pressure), or syncope (fainting) may be signs of hypertrophic cardiomyopathy, which has been associated with sudden unexpected deaths in children and adolescents. Physicians prescribing medications, particularly stimulants, for patients with ADHD should ask about these risk factors. Before a stimulant trial, patients with these risk factors should be referred for consultation with a cardiologist for possible electrocardiography and/or echocardiography. If stimulants are initiated, then the patient should also be followed by the cardiologists during the course of treatment.

Oscar G. Bukstein, M.D., M.P.H.



SUMMERTIME FUN!

As summer is fast approaching, there are many exciting events going on in and around Pittsburgh!

Arts

The **Three Rivers Arts Festival** is returning to Pittsburgh. Starting June 6th through the 22nd, several artists will be exhibiting their art in downtown Pittsburgh and the Golden Triangle area. In addition to the visual art, there will be free musical performances on three stages, dance and theater performances and special activities for children. For more information, visit their website at www.artsfestival.net.

Movies

2008 CITIPARKS CINEMA IN THE PARKS

Free movies will be played in parks throughout the City. To see what is playing at a park near you, visit the Cinema in the Park section of the Pittsburgh website at www.city.pittsburgh.pa.us.

Concerts

The **Post-Gazette Pavilion** is offering a great lineup of concerts throughout the summer season. A few of the artists include the Dave Matthews Band, Tom Petty, Jimmy Buffett, The Police, and the Counting Crows. For a full list, visit their website at www.post-gazettepavilion.com.

Sporting Events

Summer in Pittsburgh means that the **Pittsburgh Pirates** are playing at PNC Park. Firework Nights are always a favorite and include June 20th, July 11th and September 19th. Skyblast 1, 2 and 3 are scheduled for August 14-16, 2008. This annual event includes a free concert and fireworks immediately following the game. The Pirates website has a full listing of upcoming events at www.pittsburghpirates.com.

The very first Tour de France-style race in the United States for up-and-coming riders under the age of 25 is taking place in Pennsylvania.

American Eagle Outfitters Tour of Pennsylvania presented by Highmark Healthy High 5 is part of the Pittsburgh 250 celebration, as the race will follow the Forbes Trail from Philadelphia to Pittsburgh and cover 450 miles. The race starts in Philadelphia on June 24, makes numerous stops throughout PA, and ends at Point State Park on June 29. This 6-day, cross-state bicycle race has twenty cycling teams: 11 from the USA and 9 international teams (Argentina, Australia, Belgium, Canada, Ireland, Netherlands, South Africa, Germany, and one to be determined). Check out <http://www.tourofpa.com> for more details.



SUDOKU CLASSIC

Dankeschön! The Sudoku Puzzle for this issue was submitted by a PALS Study participant who is currently living in Germany.

				5	8	4		
9		4	7					2
2	8			1		3	6	
1			6		3	7	9	
6								8
	7	2	8		4			1
	5	7		6			2	4
3					7	5		6
			5	8				

GAMEPLAY: The object of the game is to fill all the blank squares with the correct numbers. Several of the 9 x 9 grid squares already contain numbers -- you cannot change these. To work the puzzle, fill in the empty squares of the grid with the numerals 1, 2, 3, 4, 5, 6, 7, 8, and 9. The puzzle is solved when each **ROW** and each **COLUMN**, and each **3 x 3** square within the puzzle contain the numerals 1 through 9 with each numeral appearing only once. **SOLUTION:** An answer key is available on our website at www.youthandfamilyresearch.com. From our home page on the website, select *Studies*, click on *PALS*, click on *Newsletters* and on the center of the page see *Sudoku Puzzle Answer Key*.



If you need to change or cancel your study appointment, please call the PALS scheduling line at 412-246-5656.

Don't forget to check our program website!



Visit us at www.youthandfamilyresearch.com

Not only can you find information about the Youth and Family Research Program and our Staff, you can:

- ▣ Get directions to our office and information on parking
- ▣ Contact a Youth and Family Research Program Staff Member
- ▣ Find information about community resources
- ▣ Find out about **new** research projects that are currently accepting participants



Boulevard of the Allies Bridge Construction UPDATE

Traffic patterns have changed as you enter Oakland on Forbes Avenue from downtown Pittsburgh. Two left lanes are now closed, leaving only one lane of traffic on Forbes Avenue from Moultrie Street to McDevitt Place (approximately 2,500 feet). These restrictions are expected to be in place through late August 2008. Traffic on Forbes Avenue will be required to stop at the merge point with traffic from the Parkway East off-ramp (traffic from the Parkway East will be free-flowing). Traffic delays may be significant at times.

Construction began in January 2008 and will last through November. For more information, visit www.otma-pgh.org.

Access to Free Credit Reports



The Fair Credit Reporting Act (FCRA) requires each of the nationwide consumer reporting companies — Equifax, Experian, and TransUnion — to provide you with a free copy of your credit report, at your request, once every 12 months. The FCRA promotes the accuracy and privacy of information in the files of the nation's consumer reporting companies.

Your credit report has information that affects whether you can get a loan— and how much you will have to pay to borrow money. You may also want a copy of your credit report to make sure the information is accurate, complete and up-to-date or to protect yourself against identity theft. Identity thieves may use your information to open a new credit card account in your name, and this account, or a delinquent payment history attached to it, would be listed on your credit report.

The three nationwide consumer reporting companies have set up a central website, a toll-free telephone number, and a mailing address through which you order your free annual report. To order, visit annualcreditreport.com or call 1-877-322-8228. You need to provide your name, address, Social Security number and date of birth. If you have moved in the last two years, you may have to provide your previous address. To maintain the security of your file, each consumer reporting company may ask you for some information that only you would know. Each company may ask you for different information because the information each has in your file may come from different sources. **NOTE: A warning about**



Adults with ADD for Pittsburgh & Tri State Area CHADD International Chapter #477 Upcoming Meetings

June 26, 2008

"Organizing Solutions for Adults with ADD/ADHD"

Speaker

Susan Lieber

Member of NAPO, Occupational Therapist and Professional Organizer

July 31, 2008

"ADD/ADHD's Impact on Relationships"

Speaker

Rhonda Mills Sommer, MSW

Meetings are held the 4th Thursday of each month at WPIC, Room 292, 3811 O'Hara at DeSoto St. in Oakland from 7:00 to 9:30 pm. For information, contact Leslie Stone at 412-682-6282 or visit www.pittsburghadd.org.

"Imposter" Websites! Only one website is authorized to fill orders for the free annual credit report you are entitled to under law— www.annualcreditreport.com. Other websites that claim to offer "free credit scores," or "free credit monitoring" are not part of the legally mandated free annual credit report program. For more information, including a copy of the Annual Credit Report Request Form and instructions for correcting errors in your credit report, go to www.ftc.gov/bcp/edu/pubs/consumer/credit/cre34.shtm or call 1-877-ftc-help.

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Address Correction Requested