2896 DUNDAS STREET WEST
TORONTO, ON M6P 1Y8
P: 647-977-5447
F: 416-572-7118
info@treasuryhealth.ca

TREASURY
MEDICAL CENTRE

Dear patient,

This letter is to summarize our discussion today regarding the new medication for Attention Deficit Hyperactivity Disorder (ADHD) and to provide you with instructions for monitoring its effects. We will be starting you on a trial of medication to help manage your symptoms

Instructions for Symptom Journaling:

To help us track if the medication is working for you, please keep a symptom journal. You can do this in a note-taking app on your phone or on paper.

1. Create a table with a list of 5 to 7 symptoms or goals you want to monitor. You can use single words or full sentences. Some examples include words like Attention, Energy level, Motivation/Focus or you can use sentences to describe it like "I am unable to complete my assignments on time." or "I am not able to listen when my friends speak."

2. One mandatory item to track is any ***increase in irritability*** or being "short" with people.

3. Create a baseline score: Before you start the medication, rate each item on your list on a scale of 0 to 10. You can decide for yourself if 0 is good and 10 is bad, or vice versa, but please be consistent.

4. Track your progress: Every three days after starting the medication, re-rate yourself on the same scale for each item. Please bring this journal to our next appointment in two weeks. This will provide us with objective information to assess how the medication is affecting you.

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Information about the medication:

The medication chosen is a stimulant medication used to treat ADHD. While it can be very effective, it is important to be aware of the potential side effects.

Potential Side Effects to Monitor:

- Heart palpitations (feeling your heart race or flutter)

- Increased anxiety, similar to a panic attack

- Headaches

- Dry mouth

- Difficulty sleeping (insomnia)

- Decreased appetite

Please report any of these side effects to me. If you experience severe symptoms, such as an uncontrollable panic attack, you can stop the medication and seek medical attention if you feel it is necessary.

We will review your symptom journal and any side effects at our follow-up appointment in two weeks to determine the next steps in your treatment plan.

Sincerely,

Jason Latsky, MD
CPSO # 143244
Billing # 052360