

## Loss of appetite with medication?

If you are concerned about any type of side effects from your medication, it is important to discuss it with a health professional like your doctor or your pharmacist.

In some case, the medication prescribed to lessen the symptoms of ADHD reduces appetite. Most of the time, this side effect is mild and temporary, but for some, it may be more significant and persistent. If there is a loss of appetite but that the medication is very helpful, the person may decide with his or her doctor to continue the medication. In such a case, here are a few useful tips. For more complicated loss of appetite, it is recommended to consult a dietitian.



Basic advice for loss of appetite associated with the medication:

- ✓ Eat at regular hours by taking smaller portions.
- ✓ Beside daily meals, add nutritious snacks at regular intervals, including in the evening. Examples of snacks to promote, with varying tastes and foods: **cheese, yogurt, crackers, snack bars, cereals, "yogurt and fruit smoothies,"** and milkshakes.
- ✓ Avoid "completely losing your appetite" by taking snacks or beverages, even water, between meals and regular snacks.
- ✓ When there is weight loss, some clinicians recommend to increase the caloric intake in meals by adding: skimmed milk powder and / or pabulum in soups and "soft" foods like pudding and yogurt. You can also add different cheeses in your recipes according to taste. For some, food supplements could be recommended. In certain situations, several public and private insurance programs (like the Régie d'assurance maladie du Québec) reimburse food supplements if prescribed by a doctor. Considering the costs involved, discuss it with your doctor by purchasing.

Do not hesitate to consult if the problem persists.