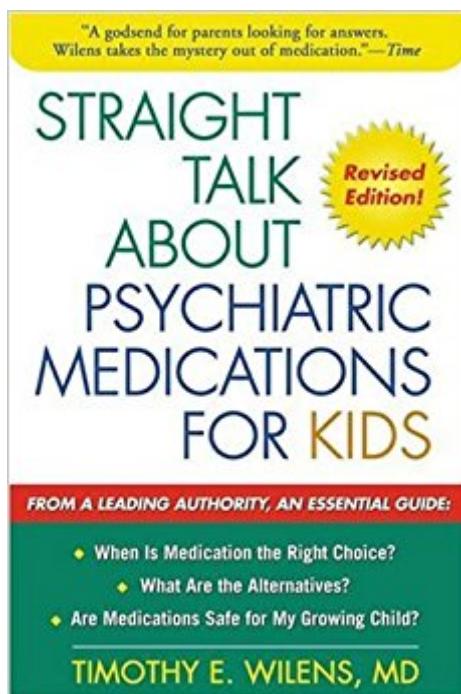


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# Straight Talk About Psychiatric Medications For Kids, Revised Edition



## **Synopsis**

In this popular resource, Dr. Timothy Wilens provides essential guidance for parents facing tough choices about whether or not to give a child medication for emotional or behavioral problems. Packed with frequently asked questions, examples, and charts, the book explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize the benefits; and when to consider other treatments instead. A special 2005 supplement advises parents on the issues surrounding the FDA "black box" warning on SSRIs for depression in children and teenagers.

## **Book Information**

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## **Customer Reviews**

"This book gives parents the facts they need to help them with one of the most anxiety-provoking decisions they may face: 'Should medication be used to help my child, and what are the risks and the benefits?' Parents need wonder no longer. The best answers science has at its disposal are right here."/m-/Russell A. Barkley, PhD, author of *Taking Charge of ADHD*

Timothy E. Wilens, MD, Associate Professor of Psychiatry at Harvard Medical School, specializes in pediatric and adult psychopharmacology in his clinical work at Massachusetts General Hospital. Board-certified in child, adolescent, adult, and addiction psychiatry, Dr. Wilens has conducted research and published widely on psychiatric medications.

I have two children. My son has Childhood Onset Bipolar Disorder and ADD. My daughter has COBP, ADD and Anxiety Disorder. Having both the previous edition and this edition on my bookshelf has made my life so much easier in helping me and my children's psychologist manage my children's medication. I have felt so much better when I can come home from an office visit and look up medication and see all the potential side effects even though I also look at the pharmaceutical information which comes with the medication, this book makes it much easier to understand for anyone. The book is well laid out. Part I deals with how to find out what is wrong with your child and get a diagnosis and treatment. Part II goes through the various common disorders, explaining them with examples, various treatments that may be used and vocabulary that may be encountered. Part III then handles the psychiatric medications themselves. Again, vocabulary is given; there are tables telling you generic names, brand names and what the sizes and types of the meds are (tablets, capsules etc) and he also gives more examples and answers questions about the medication that real parents may have about that particular type of medication. Every question I had in every area was answered except one or two and they involved interaction... which, of course, I brought up with my children's psychologist. The last section is an appendix which includes another list of the medications all together; an example of a completed medication log (very helpful!); a blank medication log (which I used to just make my own on my graphic program on my computer); a great list of resources broken up by type (and including the UK and Australia); an extensive bibliography (again general and then broken up by disorder) and one of the most extensive indexes I've ever seen (and I'm a connoisseur of indexes). I highly recommend this book for any parent or caretaker of a child with any disorder which requires medication. I also recommend that anyone who dispenses medication keep a copy in their office so that they may recommend it to their clients. Trust me, you will not be steering them wrong. Along with The Bipolar Child this is the primary book in my bookcase for dealing with my children.

The most important about this book is that specified the medication for the specific diagnosis, also give you all the information about it and what other symptoms can you see with your primary diagnostic, to know if the kid need an extra medication or not.

The book is organized by type of disorder (such as AD/HD, depression or anxiety) and by type of medication. This is good because some people want to know about a specific class of medications, while others want an overview of medication strategies for a particular disorder. The new edition

covers some of the newer medications such as Strattera. It discusses some of the recent cautions about the use of antidepressants in children but, due to the publication date does not have the fall 2004 FDA warnings. I particularly liked the suggestions on communication between parent and psychiatrist. This should help parents formulate their questions and feel comfortable asking them. In this age of managed care, parents need to be educated advocates for their children. This book can give parents the tools they need to be assertive when they talk to their child's psychiatrist. This book is also an excellent overview for medical residents and non-medical mental health professionals. I often suggest that psychiatrists in training read this book.

Written by a specialist in pediatric and adult psychopharmacology, *Straight Talk About Psychiatric Medications For Kids* is now in a newly revised edition with information on latest advances in treating specific disorders, tips on saving money on prescriptions, recent changes in legislative and health care affecting children's treatment, and more. *Straight Talk About Psychiatric Medications For Kids* presents plain-terms need-to-know facts for parents trying to figure out which (if any) medication is the right choice for a growing child, and/or the best alternatives available. Covering disorders ranging from ADD to mood and anxiety disorders to schizophrenia and much more, *Straight Talk About Psychiatric Medications For Kids* cannot replace the diagnosis and advice of a pediatrician but is strongly recommended as preparatory reading to better acquaint oneself with the options before discussing matters of medication with the family doctor.

This is a wonderfully informative book and very easy to read. I'm reading it cover to cover and will definitely keep it as a reference (until the next version comes out!)

This is a must read for any parent considering medication for their child's condition--The books answers your questions in everyday terms. Easy to understand and very helpful.

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