
Module 7: Managing Comorbidities

Quick Reference Guide

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Dr. Malzberg has no financial relationships with companies related to this material.

ADHD & Anxiety

Prevalence:

- Up to 50% have significant anxiety
- Often complicates ADHD symptoms
- Can worsen inattention/procrastination

Treatment Approach:

- Start stimulants at low doses
- Titrate slowly
- Consider non-stimulants first
- Atomoxetine or alpha-2 agonists
- CBT often helpful

ADHD & Depression

Key Considerations:

- Overlapping symptoms
- Can mask each other
- Untreated ADHD may worsen depression
- Check impact on self-esteem

Treatment Strategy:

- Consider combination therapy
- SSRIs + stimulants common
- Bupropion can treat both
- Regular mood monitoring
- Address both conditions

ADHD & Bipolar Disorder

Full Course Materials Audio and CME Post-Test
www.thecarlatreport.com/adhdcourse

Treatment Priority:

1. Stabilize mood first:
 - Lithium
 - Valproate
 - Lamotrigine
 - Quetiapine
2. Then address ADHD:
 - Prefer non-stimulants
 - Alpha agonists
 - Consider modafinil
 - Careful monitoring

ADHD & Substance Use

Risk Factors:

- Higher rates of substance use
- Risk of self-medication
- Potential for stimulant misuse
- Need for careful monitoring

Treatment Approach:

- Consider non-stimulants first
- Atomoxetine
- Guanfacine
- If stimulants needed:
 - Use long-acting formulations
 - Prefer Vyvanse/Concerta
 - Close monitoring
 - Addiction specialist collaboration

Special Populations

Women with ADHD:

- Often underdiagnosed
- More inattentive symptoms
- Hormonal influences
- Menstrual cycle effects
- May need dose adjustments

Older Adults:

- Often missed diagnosis
- Can mimic cognitive decline
- Cardiovascular considerations
- Need careful monitoring

- Consider non-stimulants

Red Flags in Treatment

Warning Signs:

- Urgent refill requests
- Lost medication reports
- Brand-specific demands
- Symptom exaggeration
- Resistance to evaluation

Response Protocol:

1. Clear prescribing policy
2. Regular PDMP checks
3. Possible drug screening
4. Limited refills
5. Documentation
6. Referral when needed

Monitoring Guidelines

Regular Assessment:

- Symptom control
- Side effects
- Functional improvement
- Comorbid conditions
- Treatment adherence

Documentation:

- Treatment rationale
- Response patterns
- Side effect management
- Prescription monitoring
- Care coordination