



South Central's Health on Blast

How Caffeine Effects The Body

Caffeine is a substance that produces a temporary increase functional activity.

Caffeine is both a drug and a food additive.

Caffeine is used in both prescription and over-the-counter medicines to treat tiredness/drowsiness and to improve the effect of some pain relievers.

People with heart problems shouldn't use caffeine because it makes their hearts work too hard.

People with anxiety problems or panic attacks may find that caffeine makes them feel worse.

Caffeine in large amounts may interfere with absorption and metabolism of calcium. This can contribute to bone thinning (osteoporosis).

Caffeine raises the amount of acid in your stomach and may cause heartburn or upset stomach. It's also a diuretic, triggering your body to get rid of water.

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Drinking Caffeine can lead to:

- High blood pressure
- Stroke
- Increased urination.
- Decrease in the control of motor movements
- Dehydration
- Insomnia
- Bone Loss
- Hallucinations

Caffeine can be found in:

- Coffee/tea
 - Sodas
- Coco Beans/Chocolate
 - Some Medicines
 - Candy
 - Milk