



Caffeine Awareness Month

Fun Facts!

- The FDA states that **400 mg of caffeine per day is not associated with adverse events** (varies based on the individual, such as in pregnancy)
- Side effects of too much caffeine include: insomnia, anxiety, irritability, palpitations, increased blood pressure, and muscle tremors
- Studies have shown that caffeine intake has been linked to a decrease in mortality as well as decreased risk of liver cancer, gallbladder cancer, gallstones, cirrhosis, apnea, and Parkinson's disease

Caffeine is a chemical stimulant found naturally in some plants such as coffee beans, tea leaves, and cacao beans. It can be made synthetically and added to drinks, food, tablets, and supplements.

Effects of caffeine use at moderate doses (40-200 mg or 16 oz of coffee per day)

Possible benefits of caffeine	Possible harms of caffeine
<ul style="list-style-type: none"> • Increased alertness • Decreased fatigue • Improved reaction time • Decreased appetite which may slightly reduce weight gain • Decreased risk of depression and suicide 	<ul style="list-style-type: none"> • Increased anxiety and sleep difficulty • Withdrawal symptoms (headache, fatigue, depression) if regular use is stopped suddenly • Lower infant birth weights if used at high doses during pregnancy
	<p>Very high doses (≥1200 mg) by overuse of caffeinated energy supplements</p> <ul style="list-style-type: none"> • Severe anxiety • Increased blood pressure • May be fatal if mixed with alcohol

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Common Beverages and Their Caffeine Amount:

- 1 Celsius energy drink = 200 mg
- 1 Redbull = 111 mg
- 1 cup of coffee (8 fl oz) = 95 mg
- Diet coke (12 oz can) = 46 mg
- 1 cup of green tea (8 oz) = 30-50 mg



Drugs with adverse effects when accompanied by caffeine consumption

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| <ul style="list-style-type: none"> • Alcohol • Beta-blockers like propranolol • MAOIs (Monoamine oxidases) • Clozapine • Benzodiazepines like diazepam • Heart medications like verapamil • Theophylline • Levothyroxine • Warfarin • Adderall • Birth control pills | <ul style="list-style-type: none"> • Fluvoxamine • Medications metabolized by CYP1A2 • Ritalin • Dextroamphetamine • Phenylephrine • Pseudoephedrine • Ciprofloxacin • Mexiletine • Ondansetron • NSAIDs like naproxen • Fluoxetine |
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Quick Stats Providers Should Know!

- 92 deaths have been reported from caffeine overdoses. **Serum concentrations of 15 mg/L or higher are associated with toxicity/death.**
- Caffeine has almost **100% bioavailability within 45 minutes** of ingestion.
- **~85% of adults** in the U.S. **consume 135 mg of caffeine** each day, so **always consider caffeine consumption when evaluating your patients.**

Let's Focus on Intake Habits!

Wellness Challenge:

- Try alternative energy boosters such as:
 - A quick walk around the building between classes
 - Increasing vitamin D intake with supplements or regular sun exposure
 - Green tea and teas in general (these are healthier than energy drinks)
- Ensure you are getting 8-9 hours of sleep per night
 - Try to limit consumption of caffeine close to bedtime
- Challenge yourself to drink 8-12 oz of water prior to your first cup of caffeine each morning

Additional Tips to reduce caffeine intake:

- Track how much caffeine you are consuming per day
- Reduce intake gradually to avoid withdrawal symptoms
- Switch to decaf coffee or herbal teas
- Always consider alternative energy boosters!!

Good to know: in moderation, caffeine does not pose adverse health risks. However, be aware of abnormal symptoms that may indicate you are consuming too much!

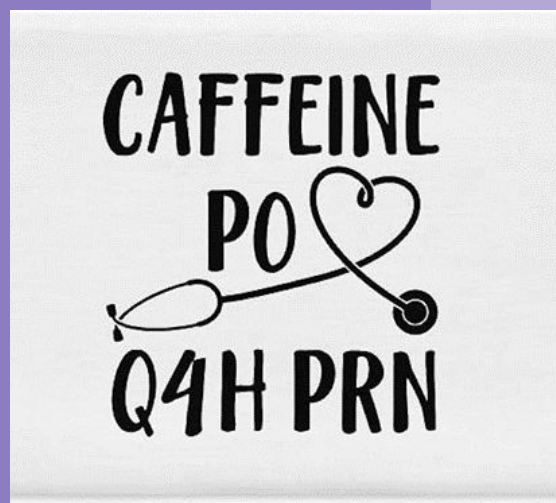
Resources to Further your Education

Caffeine: how much is too much?

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-2004567>

Caffeine and Health!

<https://jamanetwork.com/journals/jama/article-abstract/2789026>



March is also Women's History Month!

- The month of March is dedicated to celebrating the women of U.S. history and their contributions to our society.
 - For 2024 - the National Women's History Month **theme was "Women Who Advocate for Equity, Diversity and Inclusion."**
- The AAFP honors female members **"who are leaders in addressing racism and health inequities, access to care, the importance of diversity in family medicine, and other critical health issues. These physicians are providing healing and hope to their patients."**
 - Women are a *crucial piece of improving public health and health disparities.*

"You must never be fearful about what you are doing when it is right." -Rosa Parks

To learn more about Women's History Month check out the link below:

[Women's History Month 2024 - Origins, Facts & Quotes](#)

See you next month for more DEI topics!

Other Sources We Used...

[Caffeine and Health | Lifestyle Behaviors | JAMA](#)

https://www.uptodate.com/contents/benefits-and-risks-of-caffeine-and-caffeinated-beverages?search=caffeine&source=search_result&selectedTitle=2%7E148&usage_type=default&display_rank=1#H4

[Caffeine: How much is too much? - Mayo Clinic](#)

[7 things you didn't know about caffeine](#)

[Pharmacology of caffeine and its effects on the human body - ScienceDirect](#)

[Caffeine-Related Deaths: Manner of Deaths and Categories at Risk - PMC](#)

[Caffeine for the Sustainment of Mental Task Performance: Formulations for Military Operations](#)