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Caffeine May Be Good for You

Guest Expert: Mark Eichenbaum, M.D.

Board certified in internal medicine and geriatrics with privileges at Edward White Hospital, St. Petersburg

Notes from the Conversation

1. Coffee is actually from Ethiopia and its history has been recorded as far back as the 9th Century. However, the Arab world began marketing coffee and the beans moved to northern Africa.
2. The word “coffee” became an English word through Italian *caffé* from the Turkish word *kahve*, which came from the Arabic word *qahwa*. A rough translation is “wine of the bean.”
3. How much caffeine is in food?
 - Small cup of coffee (5 oz.) – 80-120 mg
 - Pill (like No Doze)- 200 mg
 - Coca-Cola – 30-40 mg
 - Mr. Pibb – 54 mg
 - Energy drink – 80 mg
 - Dove dark chocolate bar- 20 mg
 - Cold relief tablet – 30 mg
4. What is considered an overdose? 150-300 mg
5. Caffeine is a stimulant and mild diuretic. It acts on the brain and skeletal muscles and makes your kidneys work faster. It does not compromise overall body hydration status (in other words, just drink liquids to replace the coffee you have been drinking).
6. Caffeine does not accumulate in the body over the course of time. It is usually and normally metabolized and eliminated within several hours of consumption.

7. Effects of caffeine: makes you feel happy (epinephrine), helps make you alert. Decaffeinated coffee also produces an increased state of alertness.
8. People who rapidly reduced their caffeine intake report these symptoms: irritability, extra nervousness, restlessness, fatigue, drowsiness and headache. Nausea and vomiting may also occur.
9. Caffeine has a greater effect on men than women and these effects start just 10 minutes after it is drunk.
10. Research shows that caffeine might protect against Alzheimer's Disease, asthma, some skin cancers. It may – or not – be good for persons who have diabetes. Short-term studies indicate that caffeine impairs insulin action but not necessarily blood sugar levels in young, healthy adults. However, adults with type 2 diabetes have shown that caffeine causes a small, but detectable rise in blood sugar levels, particularly after meals.