



## **The Buzz About Energy Drinks**

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Many parents do not permit their children to drink coffee for fear they will like it and so develop a dependency on coffee / caffeine. Besides, how many children do you know who need caffeine?! They have more energy than their parents right?

However many of those same parents allow their children to drink heavily caffeinated sodas (Mountain Dew for example) or worse - energy drinks.

A new study published in the medical journal Pediatrics describes complications associated with the drinking of energy drinks, including seizures, irregular heart beats, increases in blood pressure, and rare cases of severe illness. In fact we have worked with young athletes who have consumed multiple energy drinks before a football game and collapsed after the game and needed emergency medical attention. Luckily he made it through this episode but this high consumption of caffeine could have easily not turned out so well.

Data suggest that over 30% of middle schoolers drink energy drinks, and that percentage increases all the way up through their mid-20s. It's true that the number of bad health outcomes associated with energy drinks is very low compared to how many people are using them, but the majority of side effects and complications likely go unreported.

In addition, until recently any toxicity from energy drinks reported to Poison Control Centers across the country were classified as cases of caffeine toxicity, and so could not be traced to energy drinks. An additional concern is the accuracy of the caffeine content of the drinks as listed on the label. Often times these popular drinks contain other ingredients such as guarana and cocoa that also contain caffeine, but the amount of caffeine they add to the drink may not be listed. Look for these ingredients and if you find them combined with caffeine it's a double "no-no".

Architech Sports is not a fan of energy drinks, period, but we are especially concerned about our kids drinking them. Many people may be drawn to energy drinks because

they are tired.

Why?

Because the majority of us, including children, are not getting enough sleep each night! We then "caffeine-up" to get going, do it again later in the day, and then can't understand why we have trouble falling asleep at night (the effects of caffeine lasts for hours, which is why it's a good idea to avoid caffeinated products after 3:00 in the afternoon).

That sets a bad precedent for our kids, who will likely follow our lead.

If you need a cup of coffee in the morning (better yet, green tea...) that's fine. But please take it easy on the energy drinks - there's no significant health benefit documented for them but there are documented side effects. From a medical perspective, better to get enough sleep each night and avoid them, and to make clean water your beverage of choice.

Now go to bed a little earlier tonight ☺

\*\*Remember to

1. Always plan ahead for what you are going to eat
2. Obtain adequate amounts of protein
3. Work on Flexibility
4. Supplement your diet with a fish oil and multi-vitamin

Let me know if I can help. Email me at [architechsports@gmail.com](mailto:architechsports@gmail.com)

God Bless,

Alan Tyson

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