

# CAFFEINE

(Ingested through coffee, tea, cola, cocoa and chocolate)

Caffeine is a widely consumed habit-forming psychoactive drug. Low doses may give feelings of alertness, competence and a faster clearer flow of thought. Fatigue is reduced. Possible health risk.

*Signs of intoxication: Tensesness, irritability, tremors, anxiety, insomnia.*

*Withdrawal symptoms: Headache, irritability, fatigue.*

## EFFECTS OF CHRONIC ABUSE

A stimulant, caffeine's adverse effects may be evident with high doses (4-7 cups of coffee/tea daily). May be associated with cardiovascular disease, reduced fertility, links to cancer and hyperglycemia (abnormally high levels of glucose). Other studies report little or no risks except to pregnant women or in individuals with pre-existing health conditions.

- *Mind & Behavior:* Anxiety and restlessness in high doses.
- *Central Nervous System:* Stimulated Activity.
- *Heart & Blood:* Rapid heartbeat, cardiac arrhythmia, may be detrimental to individuals with heart conditions.
- *Lungs:* Stimulates breathing.
- *Stomach:* Aggravates ulcers; stimulate gastric acid secretion.
- *Kidneys:* Increase urine output.
- *Muscles:* May affect skeletal muscle tissue.

***Fetus:* Caffeine abuse during pregnancy has been associated with intrauterine growth retardation, risk of spontaneous abortion and effects on the cardiovascular system of the fetus.**