



Safety, Health, Injury Prevention

Skip the Caffeine, Drink Water

By Vanessa M. Dazio

If you are a coffee, tea or soda drinker and use them to get an energy boost from caffeine, you might be very interested in the results of recent research using healthy subjects. It was found when healthy subjects consumed the equivalent of two cups of caffeinated coffee, blood flow which normally increased in response to exercise was actually reduced! There was also a notable decline in blood flow after consuming caffeine in simulated high altitudes.

These results show that while caffeine is a "cerebral" stimulant in terms of being more awake and alert, it may not be a physical stimulant. In fact, in this study, caffeine appeared to reduce peak heart function, which then impaired physical performance in healthy people.

Because this study used healthy subjects who experienced a decrease in blood flow with exercise, the immediate concern is *what happens to people with coronary disease who consume caffeine?* More research has to be done on people with coronary heart disease to be sure of these results. Because traveling usually means activity, exercise, and sometimes changes in altitude, our advice is skip the caffeine, and drink lots of water!

For more details, about this article, refer to:

<http://www.medicalnewstoday.com/medicalnews.php?newsid=36164>

