

Other Adverse Effects of Caffeine



There are other health problems related to the use of caffeine besides causing experimental animals and some people to desire alcohol and drugs. People who are concerned about health would surely want to know about these other side effects. Let's see what those side effects are.

1. **Newborns with caffeine withdrawal.** A premature newborn was proven to have caffeine withdrawal after chronic maternal drinking of mate-a caffeine containing drink popular in some Spanish speaking countries. (1) One can only wonder how often this might occur without anyone even suspecting it.

There is one report of 8 infants with suspected caffeine withdrawal born to mothers who had heavy consumption during pregnancy (200-1800 mgm per day). (2)

2. **Osteoporosis.** It was found that women who drank more than 300 mgm/day of caffeine had a greater bone loss and women with vitamin D receptor (VDR), tt were at a higher risk for this bad effect of caffeine.(3) (4) To put this in more understandable language, women who drank more than approximately 2 cups of coffee per day lost more bone (greater chance for osteoporosis) and if they genetically had an abnormal vitamin D receptor their chance of getting osteoporosis was even higher.
3. **Insomnia.** Some people have problems with insomnia and some don't. It has been learned that this is due to a difference in genes. (5)
4. **Overweight.** A Cleveland, Ohio study demonstrated that overweight adolescents were more often associated with male gender, higher caffeine intake, and less sleep time. (6)
5. **Poor iron absorption** Iron absorption from a meal of hamburger was reduced 39% by one cup of coffee. (7) (8). This could be a significant problem for people with anemia.
6. **Ovarian cancer.** In the case of ovarian cancer, according to a study done in 2003, women who regularly drank coffee had a significantly increased risk compared with those who didn't drink coffee. (9) This risk was nearly double.
7. **Can cause non-fatal MI (myocardial infarction or heart attack).** It is now known that genetically speaking there are people who metabolize caffeine rapidly and others slowly. Folks with slow caffeine metabolism showed an increased risk of non-fatal MI if they drank coffee (10)
8. **Increase in impulsivity or sensation seeking.** There has been found to be a relationship between certain personality traits, impulsivity or sensation seeking, and caffeine consumption. (11)
9. **Tremors.** Caffeine can cause or worsen tremors. The severity may be based upon the amount of caffeine consumed. (12) The ability to do microsurgery is diminished by caffeine because it can cause a fine tremor according to a small study done in England. (13).
10. **Dependence on caffeine in teenagers.** Of thirty six adolescents who consumed caffeine daily 77.8% described withdrawal symptoms after cessation or reduction of caffeine intake. (14).
11. **Cardiovascular and neuroendocrine activations at work and at home.** Caffeine has significant hemodynamic effects (changes in ambulatory blood pressure and heart rate) and caused a 32% increase in urinary excretion of epinephrine (adrenaline) during the workday and the evening. (15)

12. Adverse effects in diabetics

A) Differences in methodology. Although there have been recent studies suggesting that coffee drinking significantly reduced the risk of getting type 2 diabetes these studies have been “based on correlational observations, not controlled, experimental studies.” (16)

B) Adverse effect on prediabetics. Controlled experimental studies suggest that the development of type 2 diabetes appears to be increased by coffee ingestion in people who have pre-diabetes. (17)

C) Impairs the management of type 2 diabetes. A Canadian study on obese men with type 2 diabetes showed that when they were given caffeine 1 hour before an oral glucose tolerance test the serum insulin, proinsulin, C-peptide, and blood sugar all increased. This suggested that caffeine impaired the management of diabetes in men with type 2 diabetes. (18).

D) Elevates the two hour postprandial (after a meal) blood sugar and insulin. When 250 mgm of caffeine was given before a meal to type 2 diabetics and tests were drawn 2 hours after the meal the blood sugar was 28% higher and the insulin level was 19% higher than when a placebo was given before the meal. (19)

13. **Lung Cancer.** In a 2005 study reported by the Roswell Park Cancer Institute these findings were reported: Higher lung cancer risk was observed for those who drank 2-3 cups of coffee every day-however decaffeinated actually showed a lower risk of lung cancer. (20)

14. **Reduced blood flow to the brain.** Several studies have shown that caffeine can significantly reduce the flow of blood to the brain. This could adversely affect someone who was recovering from a stroke..(21, 22, 23,24)

15. **Can induce a panic attack.** In some patients who had been diagnosed with a panic disorder caffeine could bring on a panic attack. Some needed a dose as small as 200 mgm to cause an attack.(25)(26)

16. **Psychiatric problems.** There are numerous articles in the psychiatric literature indicating a negative role for caffeine and that it also causes alterations in the response to psychiatric medications. The following two references give numerous other references that corroborate the foregoing sentence. (27) (28)

17. **Fetal growth restriction.** A careful study on pregnant women done in Great Britain has shown that 200 mgm of caffeine-what is in 1 1/2 to 2 cups of coffee -cuts the blood flow to the placenta by 25%. It can also cause restriction of the growth of the fetus. In fact even the lowest levels of caffeine consumption appeared to cause restriction of fetal growth. In other words any amount of daily caffeine could cause some restriction of growth to the baby. One can't help but wonder if the baby's brain might also be affected . (29)

18. **A final note.** As a final note this quote seems appropriate, “It is well known that certain vitamin B deficiencies will lead to irritability, confusion, persecution complex, emotional instability or an inability to adjust to conflict situations. Is it possible that diet factors like coffee, tea, strong spices, etc, may act synergistically with a poor quality, though popular diet to exceed man's nutritionally-lowered mental and emotional threshold, thus triggering him to turn to alcohol (and/or meth and other drugs-my comments) as an anesthetic or a poor solution to the increasing and apparently insurmountable problems facing him in this complex age?” (30)

References

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