Caffeine

WHAT IS IT?
A stimulant that comes from the coca plant. It comes in coffee, tea, dark sodas, espresso beans and over the counter pills. It is the most popular stimulant in the world.

WHAT CAN HAPPEN TO YOUR BODY?

AT FIRST:
- Heart beats faster.
- Stomach irritation and upset.
- Increase in energy.
- Difficulty in sitting still or sleeping.
- Decrease in attention and ability to get things done.
- Anxiety attacks.
- Loss of control of urination and bowel movements.
- Rapid speech.
- Racing thoughts.

OVER TIME:
- Headaches.
- Moodiness and easily angered.
- Poor sleep.
- Poor eating.
- Continued sleep problems.

TRENDS:
Current use of caffeine is wide spread in this country. Caffeine use can begin in childhood and/or adolescence through consumption of sodas that contain large amounts of caffeine. Caffeine use can also be seen in adults who drink soda and coffee; additionally, its use in pill form can be present in students and those with high pressure jobs.

DEMOGRAPHICS:
Although use extends across all demographic groups, about 100 million Americans currently use caffeine on a regular basis.