Caffeine control

Do you rely on that morning cup of coffee to wake you up, or the mid-day soda to keep you going? If so; you aren't alone. About 75% of the United States caffeine intake comes from coffee. It is clear to see that Americans enjoy coffee and for most adults, moderate doses of caffeine or about two to four cups of brewed coffee a day are not harmful. However, caffeine dependence can develop easily along with other unpleasant effects.

Caffeine is a central nervous system stimulant. It is found naturally in coffee beans, tea leaves, chocolate, and is a popular added ingredient in sodas and some over-the-counter medications. When stimulated by caffeine, the central nervous system blocks a neurotransmitter which releases adrenaline. Your muscles tighten up and glucose is released into the blood stream resulting in extra energy.

Some negative effects on the body one may experience after consuming caffeine would be:
- Insomnia
- Nervousness
- Restlessness
- Irritability
- Stomach upset
- Headache
- Muscle tremors
- Elevated heart rate and blood pressure.

Caffeine use can be connected with caffeine intoxication, caffeine withdrawal, and caffeine dependence. Caffeine intoxication can occur when a person consumes more than 600 mg of caffeine within a short amount of time. This amount varies due to the caffeine tolerance of a regular caffeine user compared to the occasional caffeine user. Common features of caffeine intoxication include nervousness, restlessness, excitement, insomnia, rambling flow of thought and speech, gastrointestinal upset, tremors, tachycardia, muscle twitching and more.
Congratulations to all area Graduates!
Best wishes in your future endeavors.

Steuben Council on Addictions is a program of Substance Free Living, which is a service priority for Catholic Charities of Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse.

For more information please contact Stacey O’Dell, Prevention Educator at sodell@dor.org.

Caffeine Continued from pg. 1

Most adults need seven to eight hours of sleep each night but caffeine can interfere with this much-needed sleep. For many college students and new parents, caffeine is used to mask sleep deprivation but this can create an unwanted cycle.

When caffeine is consumed immediately before bedtime or continuously throughout the day, sleep onset may be delayed, total sleep time reduced and the quality of sleep decreased. Because of its ability to cause insomnia, caffeine-induced sleep disturbance is greatest among individuals who are not regular caffeine users (Mayo Clinic).

For more information on this topic or others, please contact Steuben Council on Addictions at (607) 776-6441.

Youth who drink alcohol are more likely to experience:
School problems, such as higher absence and poor or failing grades. Social problems, such as fighting and lack of participation in youth activities. Legal problems, such as arrest for driving or physically hurting someone while drunk.

Steuben County Underage Party & Drug Information Tip Line

Anyone with information relating to underage drinking such as parties, underage sales, etc. or information relating to illegal drugs, such as sales, dealers, or other suspicious activities are encouraged to use the tip line.

The tip line will be monitored seven days a week, 24 hours a day, all calls are kept anonymous.

Do your part to help make our communities safe for everyone!

1-844-378-4847
Alcohol Awareness Month contest winners

1st Place (at left):
Tristen Carney
JT 6th Grade

2nd Place (at right):
Kaitlin Dewert
JT 6th Grade

3rd Place (below):
Alyssa Smith
Haverling 7th Grade

Thank You to everyone that participated. Choosing these winners was not an easy decision as there were so many amazing entries. We look forward to the designs next year.