

Doctors found traces of blood in my coffee stream!

Caffeine overdose

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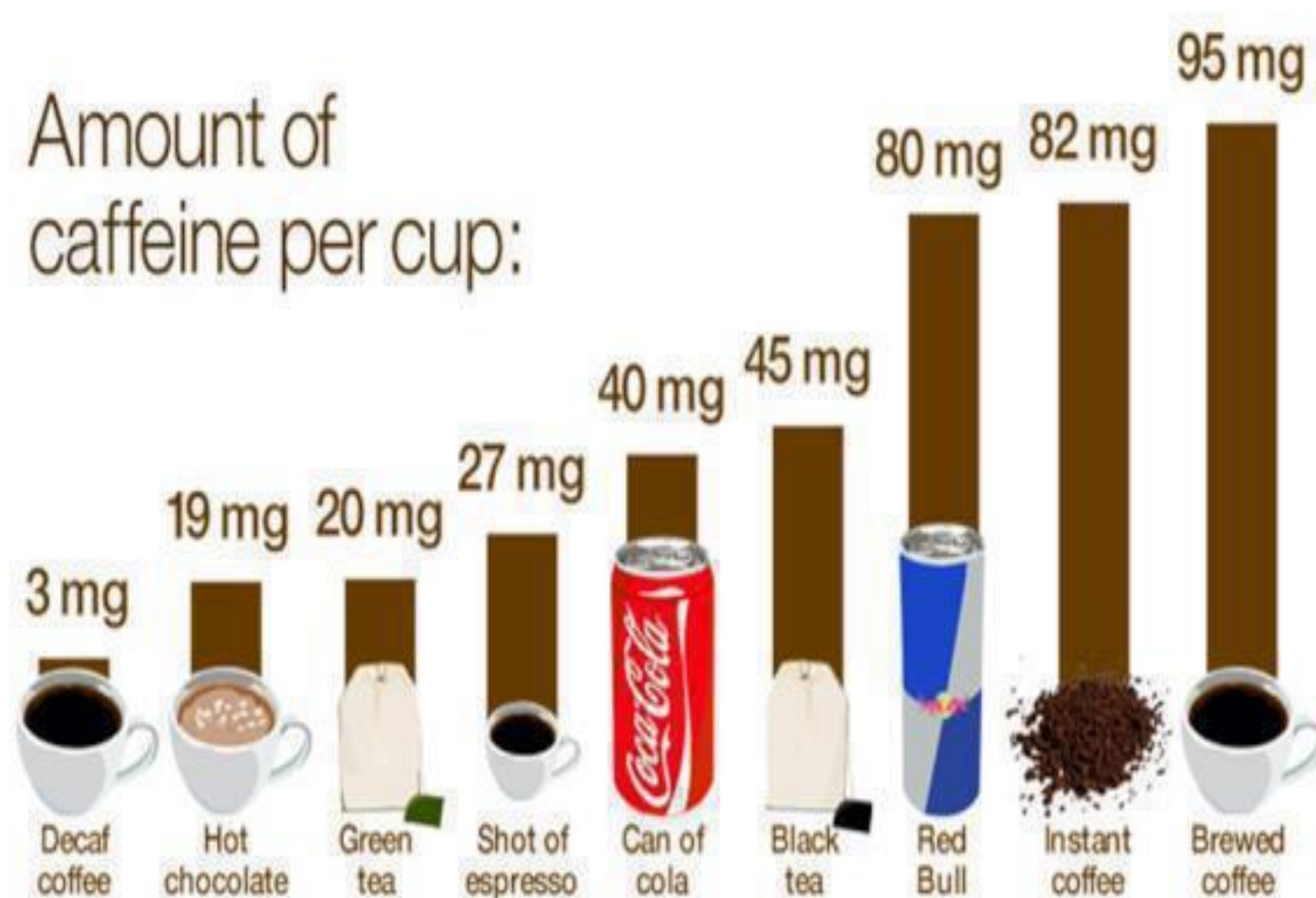
What is caffeine ?

Caffeine known as **1,3,7 trimethylxanthine** it's a central nervous system stimulant and the world's most popular psychoactive drug. Caffeine can boost alertness, cognitive performance, and even improve short-term memory. ⁽¹⁾ Drinking coffee is also associated with a range of other health benefits, including lowering the risk of cardiovascular disease and Type 2 diabetes. ⁽²⁾

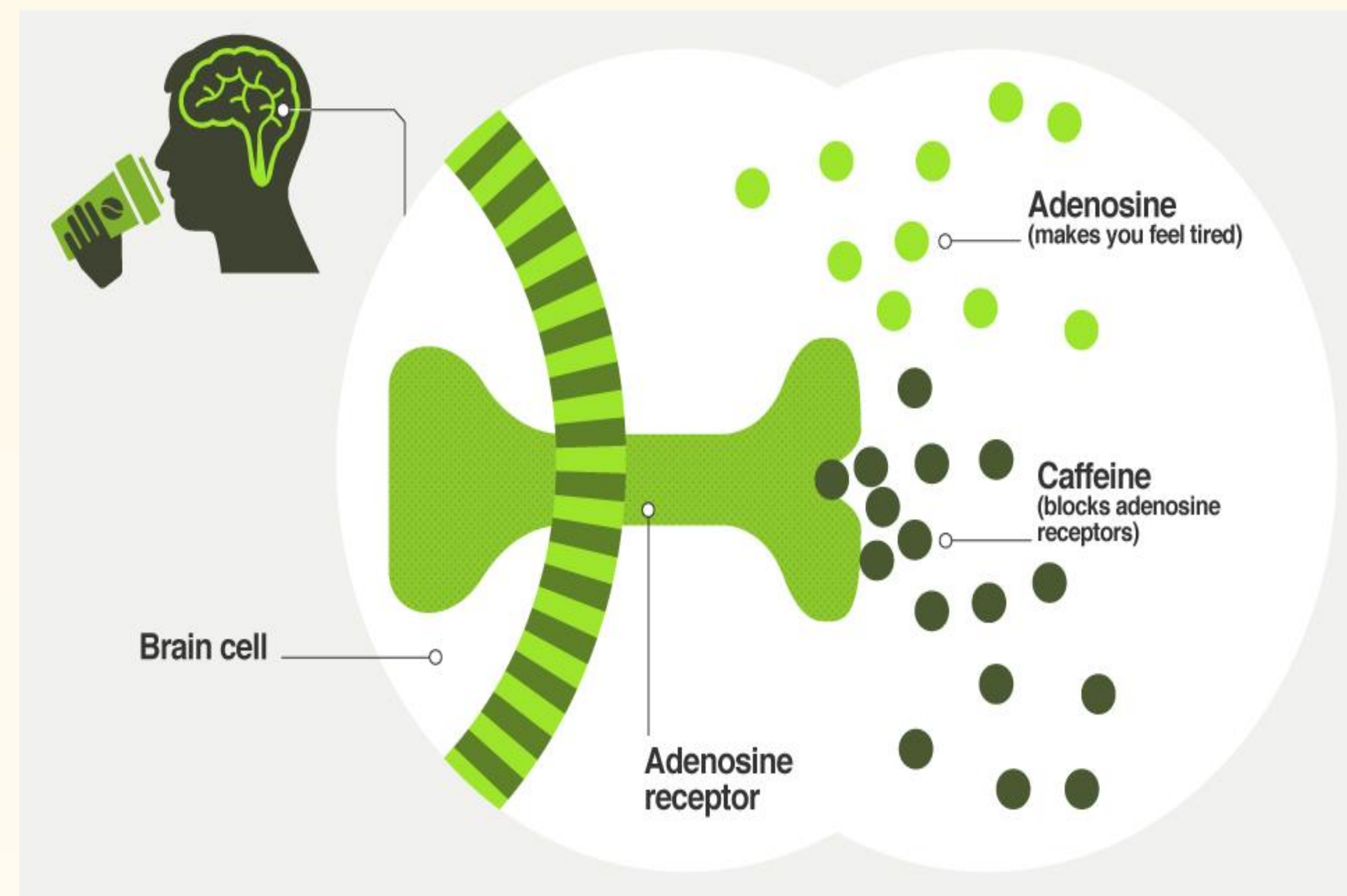
From where do we get it ?

- ❖ Caffeine is contained in various beverages, particularly tea, coffee and cocoa, The nuts of cola plant also contain caffeine which is present in cola-flavoured soft drinks. ⁽¹⁾
- ❖ Additional sources of caffeine include:
 - candy.
 - medications and supplements.
 - any food product that claims to boost energy.
 - certain chewing gums. ⁽³⁾

Amount of caffeine per cup:



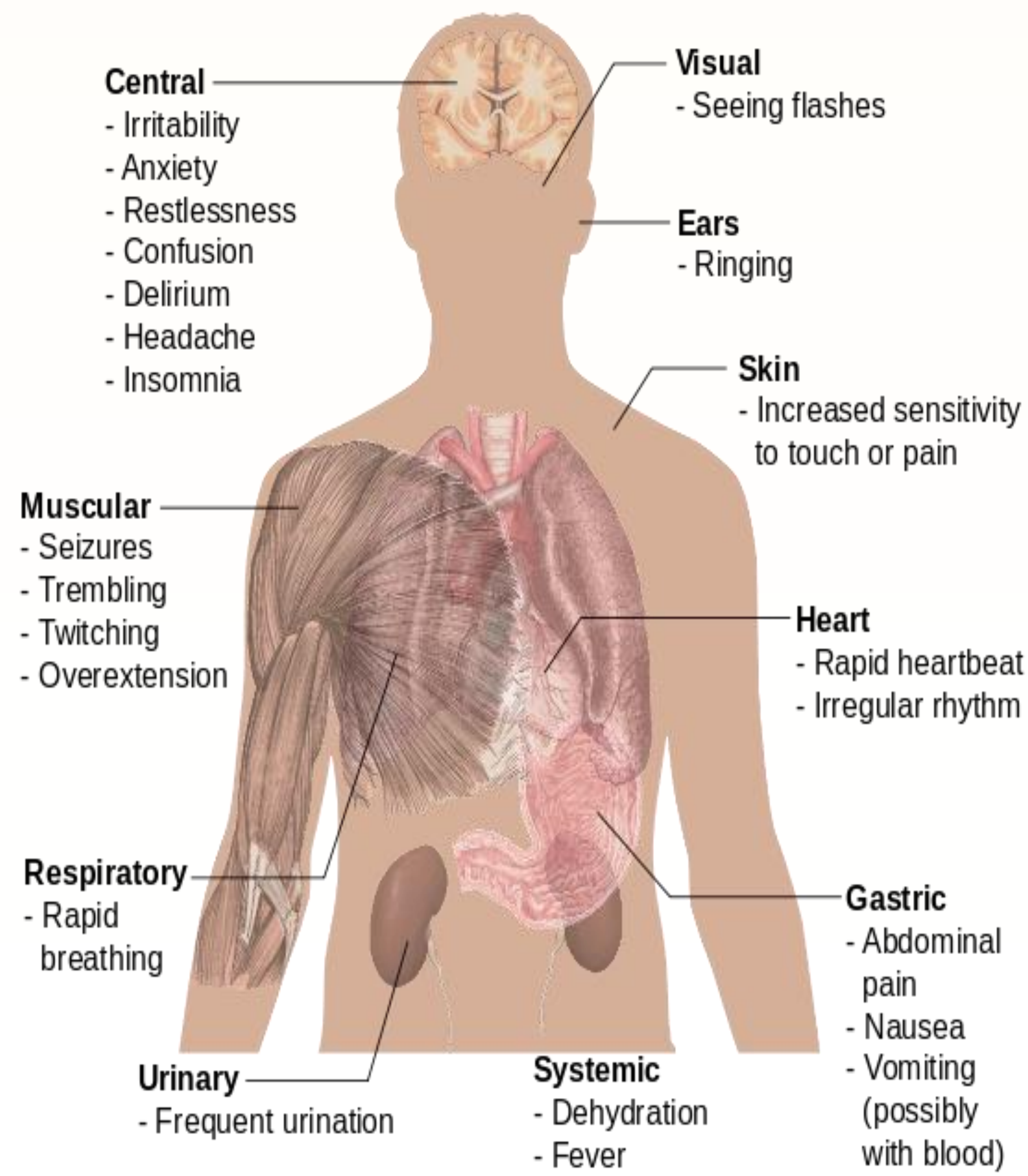
How does it work ?



Symptoms of caffeine overdose

The recommended amount of caffeine is usually 200 milligrams or about three cups of coffee per day for healthy adults. Caffeine overdose may occur if you ingest more than this amount. ⁽¹⁾

Main symptoms of Caffeine overdose



Can caffeine kill ?

Death by caffeine, though, is rare, According to a review of the medical literature, there were only 45 caffeine-related deaths reported between 1959 and 2010. A more recent (2017) study found 51. in Cripe's case death by caffeine is typically caused by ventricular fibrillation—a rapid and irregular heart beat that disturbs the blood flow, leading to low blood pressure, loss of consciousness, and death. ⁽⁴⁾

Conclusion

moderate amounts of caffeine are not typically dangerous – and it can bring certain advantages such as improving concentration and focus, However, excessive levels of caffeine in the body can be harmful.

References

- 1-Rang and Dale's Pharmacology (6th Edition), SECTION 4 THE NERVOUS SYSTEM CNS STIMULANT AND PHYSCHOTOMETIC DRUGS from page 615-616
- 2-<https://www.vox.com/science-and-health/2017/5/17/15649722/caffeine-overdose-health-risks-coffee-energy-drinks>.
- 3-<https://www.healthline.com/health/caffeine-overdose>.
- 4- Review of Caffeine-Related Fatalities along with Postmortem Blood Concentrations in 51 Poisoning Deaths Alan Wayne Jones*