

Effects of caffeine on the human body

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Introduction

Most of us consume caffeine in one form or another: caffeine's in our coffee, tea, soft drinks, and chocolates. The nervous system stimulant is even found in some medicines we take, including over-the-counter pain killers. Caffeine is such an integral part of our dietary lives that it's important to know the pluses and minuses of this common substance.

Aim

To study the impact of caffeine on the human body and the ways to make coffee less harmful.

Materials and methods

I used native and foreign literature as a source of information, analysed the Caffeine Content Table and compared it with the results I got on how much caffeine we take every day.

Results

Caffeine is a psychoactive stimulant. It contains antioxidants which protect our cells from free-radical damage. It temporarily increases mental processes: it makes us more alert, increases energy levels. It can make it easier for you to concentrate. Caffeine has been shown to reduce the risk of non-insulin dependent diabetes in people with normal blood sugar levels. However, other studies indicate that caffeine consumption causes glucose levels to rise slightly in diabetics. Scientists believe coffee prevents the body from losing dopamine-transmitting brain cells — the cells Parkinson's disease destroys. When it comes to caffeine, moderation is important. There are some definite drawbacks to too much caffeine stimulation, including anxiousness, nervousness, irritability, headache, irregular or fast heartbeat, sleeplessness, muscle twitches and tremors. In addition to caffeine's immediate negative side effects, heavy consumption may also increase a woman's chances for a miscarriage and for giving birth to lower-weight babies, or speed up bone loss in postmenopausal women. Even though coffee has antioxidants, if you drink too much of it, it can cause dehydration and wrinkling of the skin as a result.

Conclusion

We often rely on caffeine to combat fatigue. The biggest problem with coffee consumption is caffeine addiction. People require greater dosages to get the same effects. But there are many other ways to overcome fatigue - some food and exercise strategies can help. When it comes to caffeine, it is important to keep the notion of balance in mind.