

# Suffolk County Legislator

**Susan A. Berland**



**presents the**

**"Truth About Stimulant Drinks"**

**Public Service Announcement Contest**

## **Step One:**

**Create a video, no longer than 30 seconds, creatively explaining the negative health effects associated with consuming stimulant drinks**

## **Step Two:**

**Upload your video to Google Drive, Dropbox, or another file hosting service by May 1, 2020 and send your link with your name, grade and school to:**

**Susan.Berland@SuffolkCountyNY.Gov**

**One winner will be chosen to represent the 16th Legislative District in the Countywide contest**



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DR. PATRICK HARRIGAN  
SUPERINTENDENT OF SCHOOLS

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*Ammy*  
-70-2020

## What's So Bad About Caffeine?

Caffeine is a natural chemical found in many common foods and drinks, and in moderation it's not harmful to most people.

Caffeine is a stimulant and can be addictive.

It will stimulate your brain and central nervous system, making you more alert, and energetic.

**But too much caffeine may lead to:**

- ⇒ irritability
- ⇒ dangerously rapid or irregular heart beat
- ⇒ restlessness/ sleeplessness
- ⇒ excitability
- ⇒ dizziness
- ⇒ headaches
- ⇒ concentration lapses
- ⇒ stomach/intestine pain
- ⇒ dehydration



STEVEN BELLONE  
SUFFOLK COUNTY  
EXECUTIVE

Suffolk County  
Department of Health Services

JAMES L. TOMARKEN,  
MD, MPH, MBA, MSW  
Commissioner

## Adding Alcohol to the mix...

If the side effects of stimulant drinks alone aren't bad enough, adding alcohol worsens the negative effects. Injuries and fatalities have occurred from dehydration, organ failure, coma-induced state, or car crashes due to false sense of sobriety.

The feeling of being drunk is reduced from the combination of stimulant and depressant.

The results of a study from Wake Forest, NC showed that students who consumed alcohol with stimulant drinks were twice as likely to:

- ◆ be hurt or injured
- ◆ require medical attention
- ◆ ride with an intoxicated driver
- ◆ be taken advantage of sexually
- ◆ take advantage of someone else sexually

**In November of 2010, New York State banned the sale of alcoholic stimulant drinks.**

### References & Resources

- [www.marminstitute.org](http://www.marminstitute.org)
- [www.fda.gov](http://www.fda.gov)
- [www.camry.org](http://www.camry.org)  
(The Center on Alcohol Marketing and Youth)
- [www.cspinet.org](http://www.cspinet.org)  
(The Center for Science in the Public Interest)



SCDHS

Suffolk County Department of Health Services  
Office of Health Education



## The Truth About Stimulant Drinks What's in Them and What They Can Do to You



### Fast Facts:

- ◆ Stimulant or energy drinks are currently unregulated in the United States, and they don't all contain the same ingredients.
- ◆ The main ingredients in many of these drinks are sugar, herbal stimulants and large amounts of caffeine.
- ◆ The Food and Drug Administration (FDA) requires beverage manufacturers to list the presence of caffeine on the label, but not the amount of caffeine in the product.

Read on to find out more about these products.

You may be surprised to learn...



## Can Sugar be That Bad?

Stimulant drinks high in sugar stimulate your nervous system quickly, which usually makes you feel more energetic at first.

**Sugar** causes your energy levels to come crashing down once it leaves the bloodstream. The person is left feeling more fatigued than they were to begin with.



If your drink contains high amounts of sugar, regular consumption may lead to dental health problems such as cavities.

**Cane sugar** and **fructose** can also have laxative effects.

And remember, **sugar** provides a lot of unwanted calories, and can lead to obesity and diabetes.

## What About Other Ingredients?

*In addition to caffeine and sugar, some Stimulant drinks contain many ingredients which have not been tested for safety or effectiveness. Some may cause harmful side effects when consumed in high quantities or combinations.*

## Other Ingredients...

**Creatine** is an organic acid which causes muscles to draw water from the rest of your body. In stimulant drinks, it may cause greater dehydration.

Because **creatine** causes the muscles to hold water, many people who use it gain weight.

Overuse of **creatine** may contribute to:

- ◆ irregular heartbeat
- ◆ stomach pain
- ◆ nausea
- ◆ diarrhea
- ◆ muscle cramping



When taken in high doses, there is concern that **creatine** could harm the kidneys, liver, or heart.



**Ginseng root** is widely used in traditional Asian Medicine. It mainly acts as a stimulant.

The most common side effects of **ginseng** over-use are headache, sleep disturbance and gastro-intestinal problems.

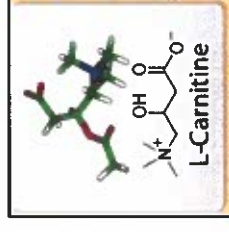
**Guarana** is a stimulant which acts just like caffeine. Its side effects can include:

- ◆ insomnia
- ◆ trembling
- ◆ anxiety
- ◆ rapid heartbeat
- ◆ frequent urination
- ◆ hyperactivity



**L-Carnitine** is an amino acid which the body naturally makes. Possible side effects of overusing it are:

- ◆ insomnia
- ◆ headaches
- ◆ restlessness
- ◆ nausea/vomiting



- ◆ diarrhea
- ◆ rapid heartbeat
- ◆ increase in blood pressure
- ◆ Increased risk of heart disease

