

Energy Drinks: Hazardous to Your Health?

Caffeinated energy drinks that promise super alertness -- and sometimes imply better sports performance -- should carry labels that specify their amount of caffeine, says a Johns Hopkins University scientist.

Drinks with the highest caffeine content should also warn of potential health dangers, says Roland Griffiths, PhD, a professor of psychiatry and neuroscience at Johns Hopkins University School of Medicine, Baltimore, and senior author of a new report on the beverages.

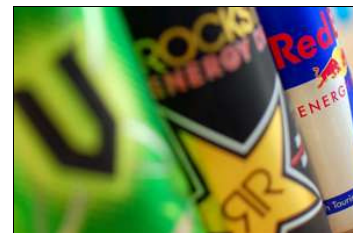
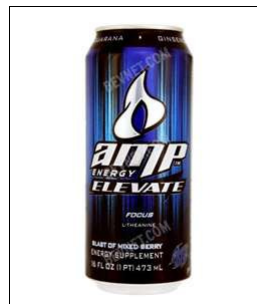
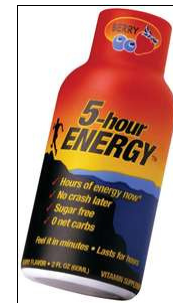
Since Red Bull, the first energy drink to hit the U.S. market, launched in 1997, the market has boomed, Griffiths says, now totaling at least \$5.4 billion a year in the U.S. Hundreds of brands are available.

Although the FDA limits the caffeine contents of cola-type soft drinks to 71 milligrams per 12 fluid ounces, no such limit is required on energy drinks, Griffiths tells WebMD.

Griffiths and his colleagues contacted more than two dozen makers of energy drinks, asking for caffeine content. Here are some of the findings:

(The caffeine content is in milligrams per serving. Although serving sizes vary, Griffiths contends that most people will drink the entire can, whatever the number of ounces.)

- Red Bull: 80 mg per 8.3-ounce serving
- Tab Energy: 95 mg per 10.5-oz serving
- Monster and Rockstar: 160 mg per 16-oz serving
- No Fear: 174 mg per 16-oz serving
- Fixx: 500 mg per 20-oz serving
- Wired X505: 505 mg per 24-oz serving



In comparison, according to Griffiths:

- Brewed coffee: 200 mg per 12-oz serving
- Instant coffee: 140 mg per 12-oz serving
- Brewed tea: 80 mg per 12-oz serving
- Mountain Dew: 54 mg per 12 oz. serving
- Dr. Pepper: 41 mg per 12-oz serving
- Pepsi Cola: 38 mg per 12-oz serving
- Coca-Cola Classic: 34.5 mg per 12-oz serving
- Canned or bottled tea: 20 mg per 12-oz serving



Bad reactions to energy drinks have been reported to U.S. poison control centers, Griffiths writes in the report, published in the journal *Drug and Alcohol Dependence*. From 2002 to 2004, he says, 41 cases of caffeine abuse from caffeine-enhanced beverages were reported. In a report of nine cases of adverse reactions to the energy drink Redline, the patients reported nausea and vomiting, high blood pressure, tremors, dizziness and numbness.

Source: WebMD

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~Congressman Bill Richardson

Home Safety Month

Ask Americans where they feel safest and most will say their own home. However, unintentional injuries in the home result in nearly 21 million medical visits on average each year.

The Home Safety Council dedicates the month of June – Home Safety Month – to educate and empower both families and businesses to take actions that will make homes safe.

Throughout Home Safety Month, the Home Safety Council encourages the public to consider their home's danger areas and take some simple steps to minimize their risk from potential injuries or even death.

Visit the Home Safety Resource Center at www.homesafetycouncil.org to review and download free information, including posters, brochures, safety checklists and additional tips to help safeguard your family. Information on disaster preparedness is available at your church's Faith Nursing area.

Source: Home Safety Council

Bottled Water: Better than Tap Water?

It's a hot day out, and you've been working outside for hours. You go in the house, open the fridge and see a can of soda, a bottle of water, a pitcher of water from the tap and a piece of leftover anchovy pizza. Which do you choose?

If you chose the soda, you chose a sugary taste over what your body really needs. If you chose the anchovy pizza, there's something really wrong with you. If you chose the water, you're absolutely right. But what's the difference between the tap water and the bottled water? Not much, and that's the biggest difference of all.

Author Peter Gleick points out a few of those differences in his new book, "Bottled & Sold." Bottled water sells more than nine billion gallons a year in America, mostly in single-serving bottles. There are some side effects of bottled water you may not have thought of.

First, 1.5 million tons of plastic bottles get thrown away each year. Also, it takes forty-seven million gallons of oil to make those bottles. Bottled water costs an average of five cents an ounce. Gasoline for your car costs about two cents per ounce. Tap water costs less than one cent per gallon. Bottled water may not be any better for you than tap water. Unless you live in an ancient house with lead pipes, your tap water is probably great. Check out www.ewg.org/tap-water/ to learn about water quality where you live.

So use a drinking fountain or reuse a bottle. It's better for the world, and drinking water is always better for you.

~Reprinted with permission from *The Church of the Good Shepherd Newsletter*, May 2, 2011

For all things you've lead me through and taught me

And for promising me that you will never leave me

Through and through you've shown me the ropes

Helping me in anything and everything I face

Everyday you're there for me by simply calling

your name

Rarely do I get to thank you enough. So on

this special day, I do exactly that.

~Aaron Bull

Happy Father's Day!



The Faith Community Nursing program was started in October of 2008 as an outreach of Twin County Regional Healthcare in Galax. The Faith Community Nurse program is just one way TCRH fulfills it's mission to promote, preserve and restore the health of our community. For more information, please call 276-233-5231, visit www.tcrh.org, or find TCRH on Facebook.