

## **Caffeine and Your Health (*Interview Transcripts*)**

**Ginny Hendricks, M.D., family medicine/sports medicine physician, OSF HealthCare**

“I think we worry about caffeine consumption because it may be masking underlying problems. Do people need to see their primary care doctor because they have some thyroid abnormalities? Do they have iron deficiency anemia? Are they not sleeping enough? For many people they are going to bed too late, they’re getting up too early, they’re not getting good quality sleep. Potentially they have some sleep apnea. And so there definitely can be many underlying medical conditions that we need to rule out prior to just consuming more caffeine.” (:31)

**Ginny Hendricks, M.D., family medicine/sports medicine physician, OSF HealthCare**

“In general, we don’t really think that any kind of energy drink is necessary. You shouldn’t need an extra boost of energy if you’re sleeping well and you’re eating well and you’re staying physically active. So even these energy drinks that are being marketed as healthy alternatives to other things are probably, at the base, not real healthy.” (:22)

**Ginny Hendricks, M.D., family medicine/sports medicine physician, OSF HealthCare**

“I think limiting yourself to one cup of coffee in the early morning is probably the best option because if you’re drinking caffeine throughout the day – especially in the afternoon and evening – you’re not going to sleep well. Then because you don’t sleep well you’re going to be tired in the morning then have more caffeine throughout the day. It just becomes a cycle.” (:18)

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“A lot of caffeine is actually a diuretic so we worry that if you are drinking more caffeine and not quite enough water that you’re not actually being well-hydrated because you’re not drinking your recommended 64 ounces of water a day – which is your eight glasses – and also are pushing that water out because of your caffeine consumption. So limit your caffeine consumption – and make sure you are drinking your 64 ounces of water a day.” (:32)

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“We see people who are having side effects from caffeine over-consumption. We see especially young, healthy people having heart palpitations. They will be very anxious or shaky. So I think that if you have tried to cut back on your caffeine but you feel you aren’t able to because of withdrawal symptoms, then you need to see a doctor – or if you are having any chest-related symptoms.” (:24)