

## Watch your caffeine

\*\*\*SOT\*\*\*

Dr. Michael Broman (BRO-men), OSF HealthCare cardiologist

**"My children are 8 and 10. I don't allow them to have caffeine except under my supervision and only in very small doses." (:07)**

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Dr. Michael Broman (BRO-men), OSF HealthCare cardiologist

**"Caffeine has clearly been linked to adverse events and toxicity when given at a high enough dose." (:07)**

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**"Caffeine also causes dependence. As a person uses more and more over time, they start to miss it when they don't have it. They can withdraw from caffeine. That's one of the most worrisome side effects, especially in kids. If a child is using a lot of caffeine and they stop, they can have attention problems and headaches. It can affect their performance in school and athletics." (:31)**

\*\*\*SOT\*\*\*

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**"A lot of these caffeinated beverages are marketed and flavored to taste good for children. The drinks may also be in the store displays right next to the non-caffeinated beverages. They can look almost the same. So, it's often difficult for a young person to figure out, 'Is this beverage caffeinated? Is this one non-caffeinated?'" (:25)**

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Dr. Michael Broman (BRO-men), OSF HealthCare cardiologist

**"People with prior cardiac conditions are way more likely to have very dangerous side effects from the use of caffeine." (:07)**