

**From:** [Phil Sahn](#)  
**Subject:** MEDIA BRIEFING: ENERGY DRINKS POSE RISKS FOR STUDENTS  
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## **For Immediate Release**

# **As Students Return to Hectic Schedules of School, Lure of Caffeine-loaded 'Energy' Drinks Poses Risks for Kids, Teens Who Consume too Much**

*U of U experts advise caution in drinking the popular beverages*

**What:** Media Briefing

**When:** 10 a.m., Tuesday, Aug. 17, 2010

**Where:** Utah Poison Control Center, 585 Komas Dr., Suite 200, University of Utah Research Park

**Who:** Director, U of U Poison Control Center; ED Physicians from U Hospital, Primary Children's Medical Center

(SALT LAKE CITY)—Most parents wouldn't want their children or teens drinking several cups of coffee a day – much less in one sitting. Yet, the energy drinks that have become popular with kids, teens, and young adults often contain several times the caffeine that's found in a standard cup of coffee. These beverages also are loaded with sugar and other substances that, combined with caffeine, can pose health risks when consumed excessively, including heart arrhythmias and seizures in the most serious cases.

The Utah Poison Control Center, University of Utah Health Care, and Primary Children's Medical Center, want the public to know what substances energy drinks actually contain and understand the potential risks from overconsumption, particularly as students sometimes feel they need an energy boost in the often-hectic schedule of returning to school. Barbara

Insley-Crouch, Pharm. D., director of the Poison Control Center and professor of pharmacotherapy, U of U emergency department physician Peter Taillac, M.D., associate professor of surgery, and Howard Kadish, M.D., professor of pediatrics and an emergency department physician at Primary Children's Medical Center, will be available to answer questions and give interviews.

Handouts with information regarding these drinks also will be available.

This promises to be an informative and interesting briefing. Please join us.

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