



# HEALTH CORNER

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*Did you know?*

Kids Should Not Consume Energy Drinks, and Rarely Need Sports Drinks. The American Academy of Pediatrics recently came out with a statement and guidelines for pediatricians and parents regarding children and teens' use of sports and energy drinks. The AAP recommends specifically discussing these drinks at routine health care.

Advertising claims about sports and energy drinks range from helping hydrate you after exercise or play to improving athletic performance. But both types of beverages deliver risks along with their refreshment. And the differences in the formulas making up these two types of beverages make it important to distinguish between the two.

For most children engaging in routine physical activity, plain water is best," Holly J. Benjamin, MD, FAAP, a member of the executive committee of the AAP Council on Sports Medicine and Fitness, and a co-author of the report said. "Sports drinks contain extra calories that children don't need, and could contribute to obesity and tooth decay".

There is no reason at all for children and teens to consume energy drinks, according to the AAP report. These drinks, such as Monster Energy and Red Bull, typically contain stimulants including caffeine, guarana, taurine, ginseng, l-carnitine, creatinine and glucuronolactone. Their stated purpose is to enhance athletic performance, endurance and concentration. The dose of caffeine they deliver is both potentially dangerous and unnecessary for children and teens.

Caffeine and kids are not a good combination. Caffeine can increase heart rate, blood pressure, and cause restlessness and sleep disturbances. It can increase anxiety. There are concerns about the effect of caffeine on the developing nervous system of children as well as concerns about the development of addiction to the stimulant. Caffeine withdrawal can cause troubling symptoms including headache, fatigue, difficulty concentrating, irritability and other problems.

See more at: <http://www.aap.org/en-us/about-the-aap/aap-press-room/pages/Kids-Should-Not-Consume-Energy-Drinks,-and-Rarely-Need-Sports-Drinks,-Says-AAP.aspx#sthash.itRL2cfE.dpuf>