




LETTER TO THE EDITOR

Why should we be careful while drinking green tea?

Yeşil çay içerken neden dikkatli olmalıyız?

İzzet Fidancı¹ 

¹Hacettepe University, Faculty of Medicine, Department of Family Medicine, Ankara, Turkey

To the Editor,

A popular beverage known for its many beneficial health properties is green tea. However, because excessive use might have negative effects, it is important to be aware of some factors. The caffeine concentration of green tea should be carefully considered first and foremost. The central nervous system is stimulated by caffeine, which can cause sleep patterns to be disturbed. Side effects include nausea, agitation, and insomnia may result from excessive consumption. As a result, people who have sleep issues or have heightened sensitivity to caffeine should drink green tea in moderation¹.

Green tea also has anticoagulant characteristics, therefore people who are at high risk of bleeding or who are taking anticoagulant drugs should use cautious. It is essential to speak with a healthcare provider in advance about drinking green tea, especially before having surgery or in cases of serious injury. Additionally, some green tea constituents can modify how well certain minerals are absorbed, particularly iron and calcium. To minimize any potential impact on mineral absorption, it is advised that people with illnesses like iron insufficiency or osteoporosis consume green tea in moderation and with meals¹⁻⁴.

Finally, some research indicates that drinking too much green tea may be bad for the liver. When eaten in large concentrations, the principal active ingredient in green tea, epigallocatechin gallate (EGCG), has been linked to liver damage. Further investigation is necessary because it is still unclear whether this

benefit may be attributed to regularly drinking green tea².

In conclusion, green tea has a variety of health advantages. However, consumption should be approached while being mindful of the aforementioned factors. This is especially important for women who are expecting or nursing because more research is needed to determine how caffeine and other components in green tea will affect the developing fetus or nursing infant. Therefore, it is advised that women who are expecting or nursing talk to their doctor about their green tea usage³.

Furthermore, it's important to remember that some people may have gastrointestinal pain after consuming green tea. People who have sensitive stomachs or illnesses like gastric ulcers should use caution or get medical advice before drinking green tea⁴.

Although studies have shown that green tea's tannins can prevent iron absorption, some research have shown that green tea's antioxidant qualities can help fight the harmful effects of free radicals, which are essential for preserving health. Therefore, those who are at risk for iron deficiency should drink green tea in moderation and think about combining it with foods high in iron⁵.

However, it is important to recognize that everyone has a unique metabolic and health profile. Considering one's own health, medication use, and pre-existing medical disorders, it is crucial to discuss any worries about drinking green tea with a medical expert. In conclusion, green tea has many health advantages, but there are a few things to consider.

Address for Correspondence: İzzet Fidancı, Hacettepe University, Faculty of Medicine, Department of Family Medicine, Ankara, Turkey E-mail: izzetfidanci@gmail.com
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People must therefore customize their green tea consumption according to their own health status and needs.

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