



Effects of Energy Drinks with Alcohol Consumption

Mümin POLAT^{1*}, Serkan KÖKSOY², Canan DEMİR BARUTCU³, Gülcihan Aybike DİLEK⁴

Mehmet Akif Ersoy University Faculty of Health Science, Burdur/Turkey^{1,2,3,4}

*Corresponding Author email: mpolat@mehmetakif.edu.tr

Abstract

Especially among students in recent years, energy drinks with alcohol consumption has become popular and is known to the acquisition of risky behavior. According to researches; of consuming energy drinks with alcohol, compared to only consume alcohol, it reveals that they use two times more alcohol. Serious injury, sexual assault, drunk driving car, more deaths are related to alcohol consumption. When consumed with alcohol and energy drinks, there has been a dramatic increase in these adverse events. Energy drink consumption among 18-24 year olds, the results of a survey conducted on 697 students, when students mix energy drinks with alcohol; sexual abuse, physical damage, reveals that they experience negative effects, such as the need for additional medical treatment. Students often; To hide the taste of alcohol and drunkenness to get more alcohol to feel the next day, to remain under the influence of alcohol and other reasons stated that they mix alcohol with energy drinks. Energy drinks and alcohol consumption, although increasing with each passing day, there are no controlled studies on the subject. However, energy drinks and alcohol with consumption of alcohol on the central nervous system, there are many popular publications for that reduce the depressant effects. It is reported energy drinks might reduce the intensity of the depressant effects of alcohol, and this effect is attributed to energy drinks with alcohol antagonist relationship. However, little scientific data on the subject, and some do not support this view. Therefore, caution should go and should raise awareness on the topic in the community.

Key words: Alcohol Consumption, Energy Drinks, Health

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1. INTRODUCTION

The use of energy drinks are popular since the 90s, especially among young consumers "energy or power drink ", " sports nutrition " under the name of consumption is increasing. Energy drinks are sold in our country, it is known that at the beginning of the 90s. As of today, all over the world and our country, "Red Bull, Burn, Powerade, Monster, Rockstar, NOS, Full Throttle, Black Cold, Bomb, Crystal, Full Force, Power Bull, Deep Crazy Bull, the Buzz, Tiger Shot, Shark, Sole, Red Devil Red Daragon, Red Zone, Blue Ox, Buffalo, Contig is fantastic, Fire Ball, Fire, Water, Flash, Liquid, Full

Force, Full Power, Kick 4 Four, Maddox, Matador, Nexcitein to Pep One, Toreador, Zebra, Red Bat, an American Bull, Jack Wrestler, Reload, Royce Gold, the Red Edicitio, the Blue Edicitio like " widely sold under the brand names.

1.1. History of Energy Drinks

Used to improve performance and can also be called as the first drink sports drinks it has been reported to be used in 1939. [1] Energy Drink beverage of the precursor may be the first time that America Chicago in mass production in 1949, in Japan in 1960, 1980 is well known that the manufacture of similar drinks in the UK. Common sense in the world to use the current version of the year the sale of energy drinks in Turkey but across the 1980s corresponds to the 1990's. about 25 brands sold in Turkey in the EU, which also takes place on the shelves of many brands in small batches, it is stated that the total number of brands reached 42. The performance drinks, energy drinks under the first manufactured in the United States and Japan in 1970, after 10 years, has widespread use in Europe. year began to spread in Europe, the Red Bull is the brand entered the market in 1997. [2] The combination of alcohol and energy drinks consumption, despite the reduction of individual perceptions about some symptoms of alcohol intoxication, some effects (reduction in motor coordination and reaction time views, breath alcohol level) has been in existence. [3]

1.2. Effects of Alcohol Consumption of Energy Drinks With Alcohol

Especially among students in recent years, energy drinks of alcohol consumption has become popular and is known to the acquisition of risky behavior. The research results of consuming energy drinks with alcohol, compared to only consume alcohol, it reveals that they use two times more alcohol. In addition, men over women, were determined to take more risks. [4] Serious injury, sexual assault, drunk driving car, more deaths are related to alcohol consumption. When consumed with alcohol and energy drinks, there has been a dramatic increase in adverse events. [5] It is reported, energy drinks might reduce the intensity of the depressant effects of alcohol, and this effect is attributed to energy drinks with alcohol antagonist relationship. However, little scientific data on the subject, and some do not support this view. [6] Energy drinks to improve physical and mental performance, increases the ability to drive a car, it is claimed that long-term care and reduce mental fatigue. [4] Adolescents between the ages of 15-19 years, consumption of caffeine has been found to particularly increase the systolic blood pressure and lead to sleep disorders. [7] In the afternoon (14: 00-17: 00), followed by 1 night insomnia, in a study of 12 healthy young, monotonous car sucrose during driving, glucose, 80 mg of caffeine, taurine, glukoronolakto and 250 ml energy drink consumption containing vitamins sleepiness and it was found to reduce accidents. [8] In particular, two or more energy drinks after use; seventeen-year-old male patient with coronary artery spasm, and in another case of cardiac arrest have been observed. In these cases the energy drinks caused by endothelial dysfunction by increasing the platelet aggregation has been reported to induce the blood pressure. In particular, caffeine, glucuronolactone, carnitine, ginseng has been implicated as components. [9,10] Energy drinks cognitive performance (memory, attention ...) effect on stems from the caffeine it contains. taurine found in energy drinks, stimulating effect of elements such as glukoronolakto and work related interactions with one another remained missing. [11,12] Besides caffeine, guarana, have not been reported in the literature energy drinks containing herbal supplements such as ginseng and ginkgo ones though, many clinical cases associated with the consumption current. [13,14] In people with asthma and allergies, serious complications with energy drink consumption, including after using the drug ephedrine (nausea, dizziness, chest tightness during car use, fatigue, fainting, hypertension, tachycardia ...) is inferred. [15] Using energy drink, reducing the water consumption can cause decreased saliva and dental erosion. Decreased salivary flow, salivary buffering ability reduction and accelerate the formation of dental caries and dental erosion increases accordingly. [16] Recent studies conducted in rats and humans, it is stated that caffeine and taurine to stimulate the diuresis and natriuresis. Healthy 12 male volunteers, 4 separate tests drink (240 mg of caffeine and 3 g with energy drinks containing taurine, caffeine and 3 test drinks contain taurine) in a study given after 12 hours of fluid restriction, urine output and natriuresis are increased with caffeine, beverage consumption containing taurine after it was found that there is no change. The study shows that the tested energy drinks diuretic and

natriuretic effects caused by caffeine. Taurine; moderately dehydrated, fluid balance in healthy young consumers that significantly affect, the energy drink diuretic potential is to be noted that various other beverages containing caffeine. [17]

Energy drinks; heart rate, blood pressure was investigated in a study to influence ECG and blood glucose metabolism. It does not affect the metabolism of glucose energy drink, decrease in diastolic blood pressure, systolic pressure and caused an increase in heart rate was found to be of significant clinical effects on ECG parameters. [18] "High-sugar, low-caffeine-containing beverages; to reduce sleepiness and even further increase "is working on interesting results have been achieved. High-sugar level, despite the short-term to create the effect of increasing alertness or physical energy, then increase the sleepiness. Some energy drinks are also high sugar, it has a low caffeine content. In a study done, after a light lunch, 42 g sugar, 250 ml after the consumption of energy drinks containing caffeine 30 mg low levels were found not become irresistible sleepiness. This results; with major changes in blood glucose levels (hypoglycemia rebounds) it is described. In this case, the caffeine content of energy drinks on the agenda and in the case of low "due to sleepiness sugar into money, turning effect of caffeine did they remain insufficient to reverse this situation" suggests the question. In short, if the low level of caffeine in energy drinks, which reduce the level of sleepiness, even after attention was drawn to an increased sleepiness. [19]

2. CONCLUSION

Energy drinks and alcohol consumption, although increasing with each passing day, there are no controlled studies on the subject. However, energy drinks and alcohol with consumption of alcohol on the central nervous system, there are many popular publications for that reduce the depressant effects. It is reported energy drinks might reduce the intensity of the depressant effects of alcohol, and this effect is attributed to energy drinks with alcohol antagonist relationship. However, little scientific data on the subject, and some do not support this view. Therefore, caution should go and should raise awareness on the topic in the community.

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