



Popular Drink Linked to Kidney Risks and Anxiety in Teens

Description

Energy drinks, immensely popular among the youth, are increasingly under scrutiny for their potential health risks. Recent studies reveal alarming associations with heart and kidney issues, as well as anxiety disorders. Although these beverages are deemed a quick fix for energy and alertness, they have been linked to insomnia, high blood pressure, headaches, and stomach problems.

Annabel Gipp, a dietitian from the British Dietetic Association, warns that high caffeine levels can lead to elevated blood pressure, disrupted sleep, severe headaches, and digestive issues in children and adolescents. She stresses, "Adolescence is critical for bone development, and caffeine may impede calcium absorption, reducing bone health over time."

A 2023 review in the *Nutrients* journal, analyzing 18 reports, found that half of the adverse effects in individuals under 18 involved cardiovascular issues like heart arrhythmia. Neuropsychological problems made up one-third of the cases, with kidney-related concerns in 22% of incidents. Notably, energy drinks, high in taurine, have been linked to acute kidney issues, with potential to cause arterial hypertension and metabolic disorders.

Moreover, a study in the *Public Health* journal highlights a concerning link between energy drinks and mental health challenges, including anxiety, stress, and depression, across over 1.2 million participants in 21 countries. Dr. Shelina Visram of Newcastle University underscores the urgent need to address these issues, noting, "Energy drinks present significant public health challenges."

The call for regulation is clear, as experts argue that the current unrestricted availability of these drinks endangers young people. Alternatives such as herbal teas, natural fruit juices, and coconut water offer safer ways to boost energy without the adverse effects of excessive caffeine or sugar. Proactive measures are essential to safeguard the health of the younger generation.

Vocabulary List:

1. **Scrutiny** /'skruː.tɪ.ni/ (noun): Critical observation or examination.
2. **Adverse** /'æd.vɜːrs/ (adjective): Preventing success or development; harmful or unfavorable.
3. **Impeded** /ɪm'piːdɪd/ (verb): Hindered or obstructed.
4. **Cardiovascular** /,kɑːr.di.ʊs'væs.kjə.lər/ (adjective): Relating to the heart and blood vessels.
5. **Regulation** /,rɛg.jə'leɪ.ʃən/ (noun): A rule or directive made and maintained by an authority.
6. **Proactive** /prəʊ'æktɪv/ (adjective): Creating or controlling a situation by causing something to happen rather than responding to it after it has happened.



Comprehension Questions

Multiple Choice

1. What are energy drinks increasingly under scrutiny for?
 - Option: Potential health risks
 - Option: Enhancing sports performance
 - Option: Boosting immune system
 - Option: Improving memory

2. According to Annabel Gipp, what health issues can high caffeine levels in energy drinks cause in children and adolescents?
 - Option: Elevated blood pressure, disrupted sleep, headaches, and digestive issues
 - Option: Lowered blood pressure, improved sleep, reduced headaches, and improved digestion
 - Option: No impact on health
 - Option: Unknown effects

3. What percentage of adverse effects in individuals under 18 involved cardiovascular issues according to the 2023 review?
 - Option: Half
 - Option: One-fourth
 - Option: Two-thirds
 - Option: One-fifth

4. Which organ-related issues have been linked to energy drinks due to their high taurine content?
 - Option: Kidney issues
 - Option: Liver problems
 - Option: Lung diseases
 - Option: Brain disorders

5. What did a study in the Public Health journal highlight in relation to energy drinks and mental health?
 - Option: Challenges like anxiety, stress, and depression
 - Option: Improved mental health
 - Option: No correlation with mental health
 - Option: Unaffected mental state



6. According to experts, what is the danger of the unrestricted availability of energy drinks?

- Option: Endangering young people
- Option: Improving health outcomes
- Option: Reducing obesity rates
- Option: Promoting healthy lifestyles

True-False

- 7. Energy drinks are solely beneficial for health.
- 8. High caffeine levels in energy drinks can lead to disrupted sleep.
- 9. Regulation of energy drinks is deemed unnecessary by experts.
- 10. Excessive consumption of energy drinks has no adverse effects on bone health.
- 11. Alternatives like herbal teas offer safer ways to boost energy than energy drinks.
- 12. Energy drinks have no correlation with mental health challenges.

Gap-Fill

- 15. Dr. Shelina Visram notes that energy drinks present significant _____ challenges.
- 16. Experts argue that the current unrestricted availability of energy drinks endangers _____ people.
- 17. Alternatives like _____ offer safer ways to boost energy without the adverse effects of excessive caffeine or sugar.
- 18. Proactive measures are essential to safeguard the health of the _____ generation.

Answer

Multiple Choice: 1. Potential health risks 2. Elevated blood pressure, disrupted sleep, headaches, and digestive issues 3. Half 4. Kidney issues 5. Challenges like anxiety, stress, and depression 6. Endangering young people

True-False: 7. False



8. True 9. False 10. False 11. True 12. False

Gap-Fill: 15. public health 16. young 17. herbal teas 18. younger

CATEGORY

1. Health - LEVEL4

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