



"Digest This"

A monthly newsletter from Dr. Carey Strom, MD, FASGE

June 2022

Hello Our Dear Patients:

We all love coffee and tea. Whether it is that first sip in the morning, or the afternoon "pick me up", there is no denying how good it is. But how much is too much? Is coffee helping or hurting you? Lets find out!

Coffee, particularly caffeine, effects our heart, intestines, hormones, mental health, and much more. So what is the "safe" amount to drink? You are correct, 400 mg a day; equivalent to either 2 cups of brewed coffee, 4 espresso shots, 5 brewed teas, and 11 cans of coke.

Caffeine's influence: The good and the bad

1) Heart attack and Stroke: Low to moderate doses (<300 mg) can protect your heart in the long term. However, heavy coffee intake can actually lead to arrhythmias or acute coronary narrowing reducing the blood flow to your heart. Caffeine can also temporarily raise your blood pressure. If you ever feel that your heart may have skipped a beat, or experienced chest pain, please schedule an appointment with your cardiologist.

2) Diabetes: Caffeine consumption can reduce your risk of diabetes by decreasing your bodies insulin resistance. However, it is recommended to drink your coffee black or with a splash of milk. Additional creamers are high in artificial

sweeteners and counteract the protective function of caffeine.

3) Constipation: Ever wonder why after your first sip of coffee in the morning you are running to the restroom? It is because caffeine helps stimulate the smooth muscles in your bowels to work. Caffeine may help treat acute constipation. Perhaps have a sip of coffee before reaching for the Miralax bottle.

4) Heartburn: The acidity of coffee can actually worsen your heartburn. It is best to avoid drinking coffee on an empty stomach and try less acidic coffee brands. Coffee and tea's may reduce GI cancer risk because of their antioxidant properties.

5) Cancers: Caffeine helps reduce oral cavity, pharynx, liver, prostate, uterine, and colon cancers. I bet you didn't know, daily coffee drinkers also have a 20% lower risk of developing prostate cancer or endometrial cancer, and a 40% lower risk of developing liver cancer.

6) Cognitive function and alertness: Caffeine consumption in low to moderate doses (<300 mg) improves reaction time and vigilance, alertness, mental energy, and ability to concentrate. A study found those who regularly consumed moderate amounts of coffee and tea had better cognitive performance.

7) Have you ever had a "caffeine headache?": Caffeine can help relieve headaches and have often been used for this particular reason. However, did you know regular caffeine use is associated with chronic migraines? Often called "caffeine withdrawals." If you ever have experienced these it may be wise to lower your intake.

8) Anxiety: Acute caffeine intake can cause you to have "caffeine jitters". Symptoms are irritability, insomnia, nervousness, and anxiety. If you are already generally anxious, it may be wise to reduce your caffeine to less than 200 mg a day or switch to decaffeinated beverages. Caffeine intake has also been linked to reduced risk of developing Parkinson's disease and Alzheimer's. It can also lower your risk of depression.

So should you be drinking coffee? If you have high blood pressure, high cholesterol, or have anxiety then you should limit your daily intake. However if you aren't already having coffee the many beneficial effects of caffeine may outweigh the risks.

As a reminder to all our patients if you believe you may be due for your colonoscopy or endoscopy please give us a call. We will gladly check for you.

As always, if you have any questions or comments, please do not hesitate to contact our office.

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If you liked our newsletters or would like to hear about another topic, please let us know!

[Google Review](#)

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Many patients have been apprehensive about routine health maintenance during the pandemic despite our vigilant safety protocol. We understand! Therefore, you have the option of telemedicine visits. Our office has been 100% fully vaccinated. When you schedule your visit in-person, we have you wait outside on the plaza level until the examination room is open for you to enter so you don't have to wait in the waiting room. Also, feel free to call our office to see if you are up-to-date on your health maintenance, including colonoscopy and/or upper endoscopy.

As per your request, we have updated our website and now have the option to facilitate online bill payments, which can be accessed by clicking the link below or going to our website at <http://doctorstrom.com/contact-us/> and then scroll down to the "Pay Now" button. On our website, you can also make appointments, sign-up your friends/colleagues/family members for our newsletter, and download required patient registration forms to make your visit more efficient.

- <http://doctorstrom.com/contact-us/>

We have updated our database and we would prefer if you go to our website and click the "Patient Form" tab and fill out the forms on "Welcome to Our Practice, New Patient Form Registration, and Telehealth Form Consent," and either scan them to us at [info@doctorstrom.com](mailto:info@doctorstrom.com) or fax to us at (310)-285-0482.

If you know someone that did not receive our newsletters or updates and would like to receive them, please let us know at [info@doctorstrom.com](mailto:info@doctorstrom.com). This email address is informational only, and not intended for medical advice.

Warm regards,

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