

HEALTH

Health Issues for Energy Drink Surge

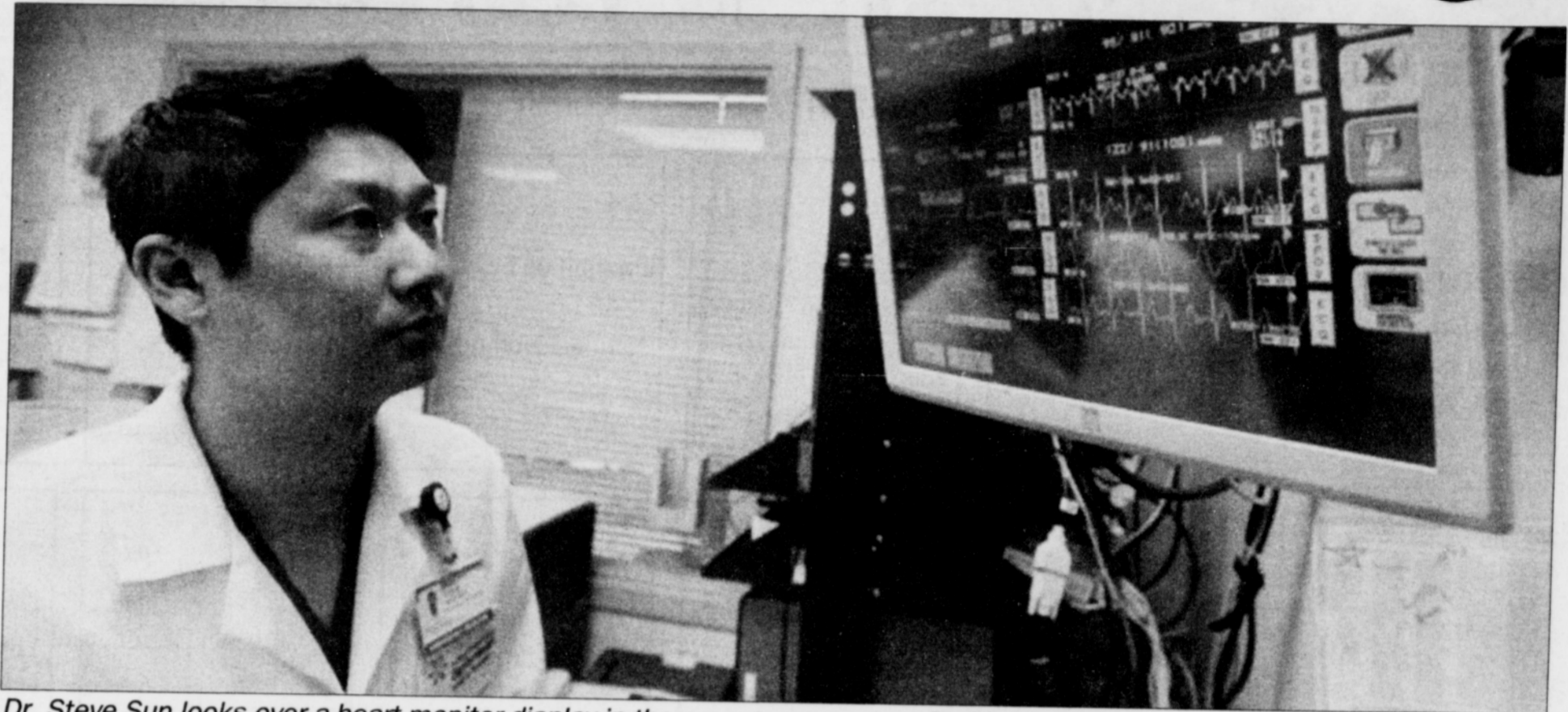
Patients seek treatment as consumption rises

(AP) -- A new government report shows the number of people seeking emergency treatment after consuming energy drinks has doubled nationwide over the last four years, the same period in which the supercharged industry has surged in popularity in convenience stores, bars and on college campuses.

"Five years ago, perhaps I would see one or two cases every three months or so. Now we're consistently seeing about two cases per month," said Dr. Steve Sun, assistant medical director of the emergency department at St. Mary's Medical Center, on the edge of San Francisco's Golden Gate Park.

From 2007 to 2011, the government estimates the number of emergency room visits involving energy drink beverages shot up from about 10,000 to more than 20,000. Most of the cases involved teens or young adults, according to the survey of the nation's hospitals released late last week by the Substance Abuse and Mental Health Services Administration.

More than half of the patients considered in the survey told doctors they had consumed only energy drinks. In 2011, about 42 percent of the cases involved energy drinks in combination with alcohol or drugs, such as the stimulants Adderall



Dr. Steve Sun looks over a heart monitor display in the emergency room at St. Mary's Medical Center in San Francisco. Sun said he had seen an increase in energy-drink related cases at the hospital where patients seek treatment for conditions caused by the drinks. (AP photo)

or Ritalin.

The beverage industry says energy drinks are safe and there is no proof linking the products to adverse reactions.

The report doesn't specify which symptoms brought people to the emergency room, but it calls energy drink consumption a "rising public health problem" that can cause insomnia, nervousness, headache, fast heartbeat and seizures that are severe enough to require emergency care.

Several emergency physicians said they

had seen a clear uptick in the number of patients suffering from irregular heartbeats, anxiety and heart attacks who said they had recently downed an energy drink.

"A lot of people don't realize the strength of these things. I had someone come in recently who had drunk three energy drinks in an hour, which is the equivalent of 15 cups of coffee," said Howard Mell, an emergency physician in the suburbs of Cleveland. "Essentially he gave himself a stress test and thankfully he passed. But if he had a weak

heart or suffered from coronary disease and didn't know it, this could have precipitated very bad things."

The findings came as concerns over energy drinks have intensified following reports last fall of 18 deaths possibly tied to the drinks and so-called energy shots — including a 14-year-old Maryland girl whose family filed a lawsuit after she drank two large cans of Monster Energy drinks and died. Monster says its products were not responsible for the death.

Jeans Bring Voice to Teens

Teens and young adults get a chance to talk about issues affecting them on Saturday, Jan. 26 at a summit sponsored by Vancouver's African Methodist Episcopal Zion Church.

The convocation-style event, from 9:30 a.m. to 3:30 p.m. at the Clark

Public Utilities Building, 1200 Fort Vancouver Way, will tackle issues like mental health, anger management and the importance of integrity. Participants are asked to bring a pair of gently used or new jeans and toiletries that will be donated to local homeless shelters.

In Loving Memory

Joree Jackson

Joree Jackson peacefully passed away on Jan. 12, 2013 at his home in Portland at the age of 74.

He will be remembered for his gregariousness, kindness and warm and generous heart.

He was born on Aug. 18, 1938 in Shreveport, La., to Laura and Joe Jackson. He moved to Portland when he was a teenager, attending Roosevelt High School before graduating from Jefferson High School. He went on to receive an associate's degree from Portland Community College in computer technology and studied music at Mt. Hood Community College.

Joree worked at Tri Met, first as a

bus driver and later as a fare inspector before retiring 15 years ago after 22 years of service.

His unexpected passing leaves a large whole in the hearts of many. He will be remembered by his children Joree E. Jackson, Steve Jackson, Alicia Jackson, and Althea Sherman; a sister Violee Jackson, and a host of nieces, nephews, and cousins, extended family and friends.

A life celebration service is scheduled for Friday, Jan. 25, at 11 a.m. at the Oregon Association of Minority Entrepreneurs (OAME), 4134 N. Vancouver Ave. Visitation is 10 a.m. to 4 p.m. on Thursday, Jan. 24 at Ross Hollywood Chapel, 4733 N.E. Thompson St.

TERRY FAMILY FUNERAL HOME

2337 N. Williams Ave.
Portland, Or 97227
503-249-1788

We make the service personal,
You make the tribute personal.

Every time we arrange a personalized funeral service, we take special pride going the extra mile. With our online Memorial Obituary, now we can do even more.

Friends and family can find out service information, view photos, read obituary, order flowers and leave personal messages of condolences from anywhere, anytime.

Simply go to our website.

www.terryfamilyfuneralhome.com

"Dedicated to providing excellent service
and superior care of your loved one"



Dwight A. Terry
Oregon License CO-3644
Amy S. Terry
Oregon License FS-0395