



More Patients at MCH's Emergency Room After Downing Energy Drinks

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ODESSA- Medical Center Hospital says they're seeing more patients in the emergency room who've had to come in after drinking energy drinks.

Life's busy. We've all got alot going on and sometimes a little caffeine boost helps us get through the day. The key word there is "little" and not everyone understands that.

"Unfortunately, many people do not realize the effects that these drinks will have on their bodies so they appear here in the emergency department with symptoms they did not expect to have," Dr. Sudip Bose with Medical Center Hospital, said.

Dr. Bose says he's now seeing somewhere between five and 10 patients each month who've had a bad reaction to energy drinks.

"[The] heart rate gets fast, blood pressure may be elevated, you may get tense and [you could get] headaches and nausea," Bose said .

He's seeing all different ages in the ER.

"[We're seeing] little infants who are getting their hands on it and drinking it to college students and high school students who are using it to study to oil rig workers who are using it to work those long shifts," Bose added.

Energy drinks are considered dietary supplements so the Food and Drug Administration still doesn't regulate them. In recent years, action has been put on adding warning labels to them, with statements warning against use if you're under 18 years old, pregnant or if you may become pregnant.

Andrew Enriquez of Odessa doubles up at the start of the day. "I drink the 5 hour energy drinks with a Red Bull usually when I'm tired in the mornings."

Jeremy Alexander from Odessa downs them throughout his shift. "I drink one while I'm working and another one after that. I usually do one after another after another and I get a rush going on," he says.

Most have a blend of caffeine, sugar, herbals and vitamins. Any of those can cause symptoms.

Dr. Bose says the best way to not be tired is still the most obvious. "These drinks, in general, don't substitute sleep. Sleep is the best therapy for it you're tired," he said.