

Course Information Sheet

Caffeine: Friend or Foe? (1 education hour)

Course Description: This course explores caffeine, a naturally occurring chemical compound. We will examine how caffeine works, the impact of caffeine on the body, what constitutes caffeine addiction, overdose, and withdrawal symptoms. Emergency room visits involving energy drinks are discussed in the DAWN report.

Course Objectives:

1. Explore the chemical compound of caffeine and its impact on the body
2. Examine caffeine amounts of products in order to compare physical costs
3. Present the signs of caffeine addiction, as well as potential for overdose
4. Evaluate data related to emergency department visits due to caffeine use

Click here to enroll in this course:

<http://substanceeducation.com/moodle-subed/course/view.php?id=18>