



June 1, 2011 – Grand Rapids, MI

## Enough

The American Academy of Pediatrics has published a Clinical Report on whether sports and energy drinks are appropriate for adolescents. The authors of the report and other pediatricians also have commented to every available microphone about the dangers of both drinks. But what does the research they cite actually say?

I read the report. Here's what you should know:

- There's no evidence cited that sports or energy drinks have had any negative effects on adolescents.
- There's no research cited to substantiate the claim that sports and energy drinks are being marketed to adolescents.
- Of the three articles cited that claim dental erosion is related to the use of sports drinks, two are theoretical—no studies at all. The third shows that eating more than one serving of citrus fruit every day is a risk factor related to dental erosion in teens, but that wasn't reported.
- The Report spent a considerable amount of article space talking about the effects of caffeine on children, yet no references were cited that studied caffeine-containing energy drinks of any type.

I've had enough of experts picking a position and then finding research to support their position; I'm even more incensed when they don't have **any** research to support their position. This message is a summary of what I've found.

If you want to hear more, tune into my radio show this Sunday. I'm changing the topic, and it's going to be about this Report. If you have children or you're interested in the market for sports or energy drinks, this is one show you don't want to miss.

What are you prepared to do today?

**Dr. Chet**

**Reference:** Pediatrics. DOI: 10.1542/peds.2011-9065

---

**WGVU** FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org](http://www.wgvu.org) and clicking on "Listen Live" in the gray bar at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

**Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC**