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Letter to the Editor

Reply to “Changes in energy drink consumption during the COVID-19 quarantine”



We were glad to receive the comments from Professor Mattioli and her colleague, regarding our recently published article [1]. As Mattioli has mentioned, our article highlights that EDs consumption has a negative effect on hemodynamic parameters. However, as the habituation level increases, the impact of EDs on hemodynamic parameters tends to decrease. We agree with the professor's view that young people should be more informed about the harmful effects of energy drinks and cardiovascular prevention.

Due to the coronavirus pandemic, people had to spend more time at home, especially young people. Quarantine disrupted daily routine and caused to changes in dietary habits. It has been reported that consumption of caffeine and energy drinks was found to be increased among young people who had more stress during e-exams and due to the social isolation [2]. Also, it was alarmingly above the Food and Drug Administration (FDA)-approved daily doses [3]. However, it is well known that caffeine and energy drink consumption can cause various cardio-metabolic disorders [4]. Functioning of the sympathetic system, adrenal cortex and possibly renin-angiotensin system may possibly increased by these beverages [5].

The coronavirus pandemic has caused people to be more stressed and consequently to consume unhealthy foods with higher fat and sugar content which can lead to weight gain and obesity. Because of these reasons, it is important to carry out educational and protective activities that will enable young people to adopt a healthy lifestyle.

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