



Mayo Clinic Minute: Can energy drinks cause heart issues?

VIDEO	AUDIO
	They are stocked in coolers around the country. Energy drinks... beverages designed to give you a boost. But can they hurt your heart?
Michael Ackerman, M.D., Ph.D. Cardiovascular Medicine Mayo Clinic	"The healthy heart can handle these chemicals just fine — of course, in moderation. The fragile heart may not be able to."
	Dr. Michael Ackerman, a genetic cardiologist at Mayo Clinic, led a study looking into the effects of energy drinks on the heart. He warns that while energy drinks may not directly cause cardiac arrest, consuming them, especially in large quantities, can be a "perfect storm" for people with genetic heart conditions.
	"And maybe you've been sleep deprived, and now you're taking the energy drink. Then maybe that is going to be the 1-2-3 punch that puts that heart — where normally those chemicals wouldn't have annoyed it — to now where it finally trips up the heart into that potentially life-threatening arrhythmia."
	He says it's not a strong link but a call to be aware.
	"It's a call to being alert and aware, and informing your health care provider if you are consuming these drinks."
	For the Mayo Clinic News Network, I'm Jason Howland.