

"People say they can't stop all sorts of things. When they try, they can," said Dews, a consultant to the International Food Information Council, a nonprofit group based in Washington and funded largely by the food industry.  
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#### MEDICAL EXPERTS PUT JAMA CAFFEINE ARTICLE IN PERSPECTIVE

WASHINGTON, Oct. 4 /PRNewswire/ -- Medical experts say that a study on caffeine and dependence published in this week's Journal of the American Medical Association (JAMA) adds no new information to conclusions from previous reports.

"This study of 16 individuals adds nothing of relevance to normal people consuming caffeine," said Peter Dews, M.D., Harvard Medical School. "The majority of these subjects had a history of serious substance abuse or had mood disorders such as major depression."

Caffeine in foods and beverages has no adverse effects on normal caffeine consumers' health. It has undergone intense scientific and public scrutiny over many years and has been found safe by the Food and Drug Administration, the National Institutes of Health, and the American Medical Association.

In addition, Dr. Dews said "Medical experts have long agreed that the minor symptoms caused by abrupt caffeine cessation can be eliminated by gradually decreasing caffeine consumption. Generally, any symptoms that an individual experiences will disappear within a few days."

In an accompanying editorial, JAMA Deputy Editor Richard M. Glass, M.D., said that the study needs further research and better characterization. He added that "no one should attempt to use these new findings about caffeine dependence to trivialize the tragic consequences caused by addiction to tobacco, alcohol, or other harmful substances."

Study co-author Roland Griffiths, Ph.D., said that "caffeine generally is not associated with serious health risks, such as those produced by other drugs of dependence like nicotine or alcohol."

And according to Charles O'Brien, M.D., professor of psychiatry at the University of Pennsylvania Medical School, "It is wrong to lump caffeine with serious drugs because caffeine is harmless as normally consumed."

For thousands of years caffeine has been consumed safely in a variety of products. Today, caffeine-containing foods and beverages are still part of a healthy lifestyle.

The International Food Information Council is a non-profit organization that disseminates sound, science-based information on food safety and nutrition to journalists, health professionals, government officials, and consumers. IFIC's

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