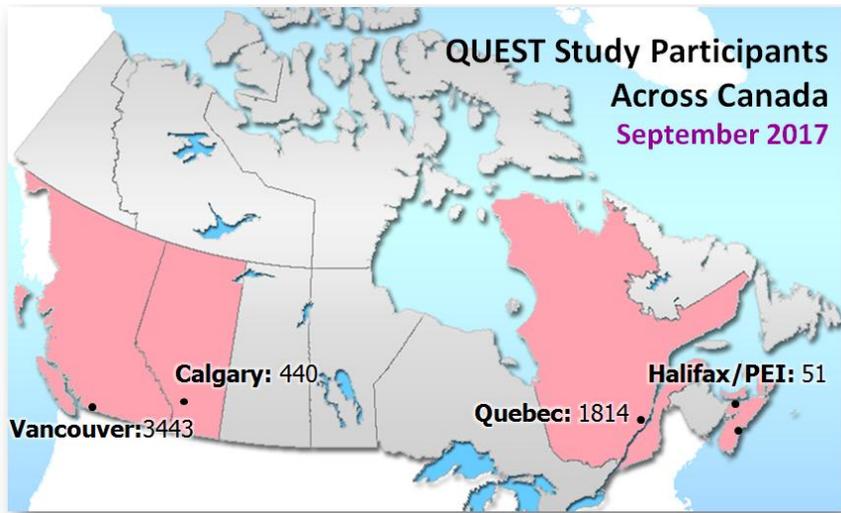




## SEPTEMBER NEWSLETTER



@QUESTHPVStudy | [QUESTHPVStudy@bcchr.ubc.ca](mailto:QUESTHPVStudy@bcchr.ubc.ca) | 1-866-502-2424



Currently enrolled:  
**5748 GIRLS**

Our target:  
**8666 GIRLS**

## All About Caffeine

By Claire Pitcher, Registered Nurse

With summer vacation ending, September can be a busy (and tiring) time! You may be feeling like you need to use caffeine to help “fuel” your day, so it’s important to understand what caffeine is and how it affects your body!

**What is caffeine?** Caffeine is technically a drug. This means that when we eat or drink caffeine, it changes the way the body works. Caffeine is found naturally in certain plants like coffee beans, tea leaves, and cocoa (used to make chocolate).

**What foods/drinks have caffeine?** Common sources of caffeine include coffee, pop, and energy drinks. Some less common sources of caffeine are chocolate and some gum/breath mint brands. Caffeine can also be added to foods and drinks that don’t naturally contain caffeine. Look for words like “energizing” and “invigorating” as a clue that the packaged food you are eating may contain added caffeine.

*Refer A Friend* to our [website!](#) When **they** fill out the Contact Us form, **you** will be entered to win a gift card!

**Rita** was last month’s winner! To thank her for telling her friends about the study, we sent her a Starbucks gift certificate!

## Contest of the Month

[Email us](#) with a health topic that you would like to learn more about! We will use your topics/questions for upcoming newsletters! AND you will be entered to win a \$10 iTunes of Starbucks gift certificate!

**How does caffeine affect the body?** Caffeine is a stimulant which means that it can make you feel more alert while also increasing your heart rate and making you feel anxious/jittery. This is why caffeine can make it hard to fall asleep at night, even hours after you last drank coffee! Caffeine can also cause headaches and nausea. Everyone has a different tolerance/sensitivity to caffeine so it is important to watch your own caffeine consumption.

**Is “caffeine addiction” a real thing?** Yes! If you drink or eat caffeine on a regular basis, you may start to crave it. Cutting caffeine out of your diet at that point can be a real headache -literally! One of the main symptoms of caffeine withdrawal is headaches. Caffeine addiction will also affect your wallet as it definitely adds up to be buying a daily coffee/pop.

Check out this website for more information about caffeine:  
<https://www.canada.ca/en/health-canada/services/tips-healthy-eating-tips-families/caffeine-kids.html>

**We understand that you are very busy and may receive lots of emails so we have decided to reduce the frequency of the QUEST newsletter from monthly to every 3 months! Please feel free to send an email if you have any feedback regarding this change!**

**Check out our [Facebook](#) and [Instagram](#) to stay in touch more frequently!**

**Congratulations Karina!**

**She was our August**

**Contest Winner!!**

**We sent her a  
Starbucks Gift card!**

## Contact Info

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