



جمهورية العراق

وزارة التعليم العالي والبحث العلمي

جامعة الفرات الاوسط التقنية المعهد التقني / الكوفة

قسم تقنيات صحة المجتمع

بحث التخرج مقدم الى المعهد التقني قسم تقنيات صحة المجتمع

جامعة الفرات الاوسط التقنية من اجل استيفاء متطلبات درجة الدبلوم

تحري نسبة انتشار ظاهرة ادمان المنبهات وبيان تأثيرها على صحة الفرد والمجتمع

من قبل:

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الرَّحْمَنُ ﴿١﴾ عَلَّمَ الْقُرْآنَ ﴿٢﴾ خَلَقَ
الْإِنْسَانَ ﴿٣﴾ عَلَّمَهُ الْبَيَانَ ﴿٤﴾

صدق الله العلي العظيم

الاهداء

نتقرب الى الله عز وجل أولاً بهذا العمل المتواضع...
ونهدي هذا العمل والجهد إلى الرسول الأعظم نبي الإنسانية
محمد (صلى الله عليه وآله وسلم) وإلى آل بيته الطيبين
الطاهرين

الى باب مدينة علم رسول الله وابن عمه

الإمام علي (عليه السلام)

والى صاحب العصر والزمان الإمام المهدي

(عجل الله تعالى فرجه الشريف)

والى الآباء الفضلون والأمهات الفاضلات....

والى كل من ساهم وشارك بإتمام العمل....

والى شهداؤنا الكرام

إقرار المشرف :

أشهد أن إعداد مشروع البحث الموسوم (تحري نسبة انتشار ظاهرة ادمان المنبهات وبيان تأثيرها على صحة الفرد والمجتمع).

للطالبة المدرجة أسماءهم أدناه قد تم تحت إشرافي في قسم تقنيات صحة المجتمع:

بنين رزاق عوده	بنين سليم جمعه	أيوب مهدي سلمان	حيدر منخي جيرة الله
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نور الهدى كريم عوده	يوسف عبد الرضا جاسم		

توجيه رئيس القسم بناء على إقرار المشرف العلمي أحيل مشروع البحث الى لجنة المناقشة.

م.د. زهراء كريم الطائي

التوقيع :

التاريخ :

توصية القسم

بناء على التوصية المقدمة من قبل المشرف ارشح هذا البحث الى لجنة المناقشة لدراسة وبيان الرأي فيه.

(تحري نسبة انتشار ظاهرة ادمان المنبهات وبيان تأثيرها على صحة الفرد والمجتمع)

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**Investigating the prevalence of stimulant addiction and
explaining its impact on the health of the individual and
society**

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Summary

This research was conducted at the Middle Euphrates Technical University - Technical Institute / Kufa for the Department of Community Health Technologies, as a questionnaire form was designed to collect random samples. The number of samples was samples and taking into account the age over the age of 18 year, then detecting chronic diseases. The data were analyzed statistically in percentages, as well as the results showed that there is a high percentage of is headache, followed by stomach pain and finally hormonal imbalance, and the symptoms were more than one in the same female and the headache is often by hormonal imbalance.

We conclude from this study that there is a clear and significant effect of caffeine addiction on the body health especially the stomach, brain, which cause headache, and hormonal imbalance.

We recommend that there be awareness campaigns to reduce the phenomenon of addiction to stimulants and excessive drinking, given their negative effects when consumed in excess. However drinking regularly and in limited quantities helps positively in improving human health.

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1.introducion

Caffeine produces its behavioral effects through adenosine receptor antagonism and subsequent changes in many neurotransmitter systems. This results in increased alertness, and caffeine may be especially beneficial in low arousal situations (e.g., working at night, prolonged work, or sleep deprivation). It improves performance on tasks that are impaired when alertness is low (vigilance and sustained response). Such effects largely reflect increased turnover of central noradrenaline. In addition, it increases the speed of encoding and response to new stimuli, an effect that probably reflects changes in cholinergic functioning. More complex cognitive tasks show less consistent effects of caffeine, which is again consistent with its arousal-increasing effect. Beneficial effects have been observed in simulations of real-life activities such as driving and in interpolated tasks used in the field [1] In its purest form, caffeine consists of bitter-tasting crystals. It is found in many common substances like coffee, tea, cocoa, chocolate, cola-flavoured soft drinks and some medical preparations. In Australia, the consumption of energy drinks containing caffeine is increasing [2].

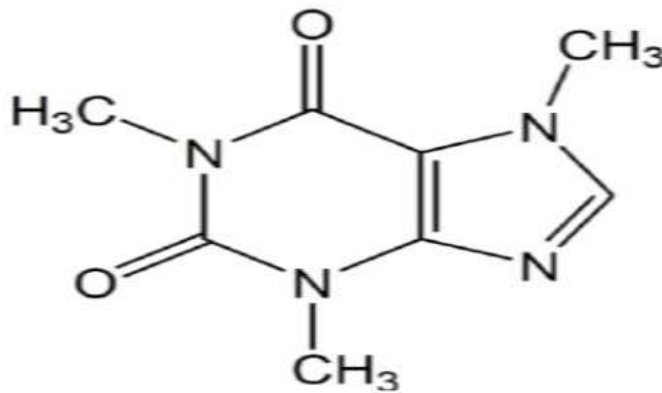


Figure 1. Chemical structure of caffeine.

1.1Effects of Coffee Brew on Gastrointestinal Motility

Despite the popular use of coffee around the world, the effects of this beverage on gastrointestinal motor function have surprisingly been evaluated only scarcely, especially when compared with those on other systems such as the cardiovascular and the central nervous systems. It

was soon demonstrated that coffee reduces lower esophageal sphincter pressure [3] and stimulates secretion from the stomach [4]. Both effects may cause or aggravate heartburn, the most frequent effect attributed to coffee. This might be caused by direct irritation of the esophageal mucosa or by promoting GERD, which may favor the development of Barrett's esophagus (BE).

Using a barostat, coffee was found to prolong the adaptive relaxation of the proximal stomach, compared with an isotonic control solution, suggesting that it might slow gastric emptying [5].

caffeic acid supplementation in mice model of colitis alleviated colonic inflammation by inhibiting proinflammatory cytokines and increasing IL-10 levels, parallelly decreasing the relative abundance of Bacteroides and Turicibacter and enhancing the relative abundance of Alistipes and Dubosiella in the gut [6]. In contrast reported a positive correlation between coffee consumption and upper GI tract symptoms in patients with active Helicobacter pylori infection [7].

1.2Effect of Coffee on the Gut-Microbiota–Brain Axis

Caffeine toxicity in adults can present a spectrum of clinical symptoms, ranging from nervousness, irritability and insomnia to sensory disturbances, diuresis, arrhythmia, tachycardia, elevated respiration and gastrointestinal disturbances. Caffeine toxicity in children is manifested by severe emesis, tachycardia, central nervous system agitation and diuresis. Chronic exposure to caffeine has been implicated in a range of dysfunctions involving the gastrointestinal system, liver, renal system and musculature [8]. The most important mechanism of action of caffeine is the antagonism of adenosine receptors. Adenosine is a locally released purine which acts on different receptors that can increase or decrease cellular concentrations of cyclic adenosine monophosphate (cAMP). Caffeine results in the release of norepinephrine, dopamine and serotonin in the brain and the increase of circulating catecholamines, consistent with reversal of the inhibitory effect of adenosine [9]. Cessation of caffeine ingestion has been associated with a wide variety of mainly subjective effects, in particular headache [10]. and fatigue, characterized by such symptoms as mental

depression, weakness, lethargy, apathy, sleepiness and decreased alertness [11].

1-3 Caffeine and headache

There is pathophysiological evidence that the cortical hyperexcitability and pro-nociceptive state induced by long-term excessive caffeine consumption both exacerbate primary headache. Numerous clinical observations and analytical studies support this conclusion. For example, one study found migraine attacks to be more frequent on Saturday and Sunday mornings than on any other day of the week [12]. These findings have been attributed in part to the effects of sudden suspension of caffeine intake during the weekend. In contrast, other studies have found caffeine-withdrawal headache to be rare, with a prevalence of 0.4% in the Norwegian population [13]. This raises the question of whether the higher frequency of migraine attacks during the weekend is due to prolonged consumption of caffeine or rather to the interruption of that consumption pattern. The evidence clearly shows that long-term caffeine consumption is a risk factor for migraine transformation [14].

1-4 Caffeine and hormone disorders

Heavy coffee and caffeine intake continue to be seen as potentially harmful on pregnancy outcomes [15]. Leviton [16] discussed the biases inherent in studies of coffee consumption during pregnancy and argued that all of the reports of detrimental effects of coffee could be explained by one or more of these biases. The impact of dietary caffeine intake on assisted reproduction technique (ART) outcomes has also garnered interest. An original report by Ricci et al. [17] in this special issue found no relationship between the caffeine intake of sub fertile couples and negative ART outcomes.

2. Materials and methods

This study was conducted at the Middle Euphrates Technical University - Technical Institute / Kufa for the Department of Community Health Technologies, as a questionnaire form was designed to collect random samples. The number of samples was 50 female samples and taking into account the age over the age of 18 years, don't

have any chronic diseases. The data were analyzed statistically in percentages.

3. Results and discussion

We took 50 female samples in a questionnaire conducted by students of the Department of Community Health Techniques, and the target group was the ages from 18 to 45 years, and by caffeine addiction, more than four cups per day of stimulants, and the data showed as follows that the largest percentage of caffeine addicts suffer from stomach pain, headache and hormonal imbalance, the highest percentage is headache, followed by stomach pain and finally hormonal imbalance, and the symptoms were more than one in the same female and the headache is often by hormonal imbalance, these results explained in table (3-1) and figure (3-1).

The study showed that there is an association between coffee addiction and the impact on female health.

This was interpreted as due to a possible anti-stress effect of coffee mediated by metabolites of coffee other than caffeine and disagree with [8] that demonstrated acute coffee consumption was not associated with any gastrointestinal symptoms but activated the sympathetic nervous system, associated with increases in salivary α -amylase, but not salivary cortisol. This was interpreted as due to a possible anti-stress effect of coffee mediated by metabolites of coffee other than caffeine.

The effects of coffee on gastrointestinal motor evaluated only scarcely, especially when compared with those on other systems such as the cardiovascular and the central nervous systems. Coffee reduces lower esophageal sphincter pressure and stimulates secretion from the stomach this agree with [3,4], demonstrated the coffee effects on stomach.

The study showed that there is an association between coffee addiction and the impact on female hormonal imbalance and is associated with headaches most of the time. And the hormonal imbalance may be due to the metabolites of coffee. and this is consistent with some studies [15], Leviton [16] and is not compatible with [17].

Table 3-1: The data of female coffee addiction

Disease	Numbers	Percentage %
Headache only	12	24%
Stomach pain only	8	16%
Hormonal imbalance only	4	8%
Stomach pain and Headache	11	22%
Stomach pain and Hormonal imbalance	4	8%
Headache and Hormonal imbalance	9	18%
Companied symptoms : Headache , Stomach pain and Hormonal imbalance	2	4%

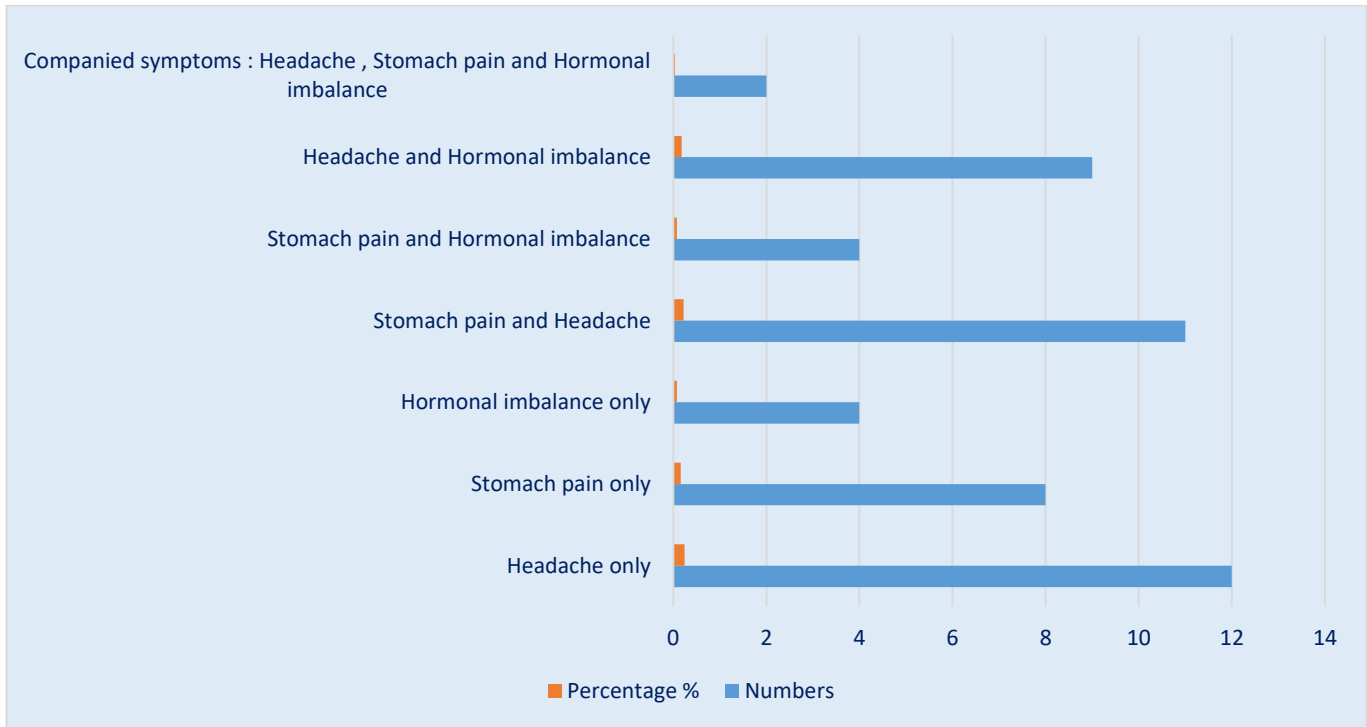


Figure 3-1: The data of female coffee addiction

4. Conclusion

We conclude from this study that there is a clear and significant effect of caffeine addiction on the body health especially the stomach, brain, which cause headache, and hormonal imbalance.

5.Recommendation

With increasing interest in the role of coffee in health, general knowledge of population consumption patterns and within the context of the full diet is important for both research and public health.

We recommend that there be awareness campaigns to reduce the phenomenon of addiction to stimulants and excessive drinking, given their negative effects when consumed in excess. However drinking regularly and in limited quantities helps positively in improving human health.

6.References

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الخلاصة

أجري هذا البحث في جامعة الفرات الاوسط التقنية – المعهد التقني / الكوفة لقسم تقنيات صحة المجتمع حيث تم تصميم استمارة استبيان لجمع عينات عشوائية. وبلغ عدد العينات ٥٠ عينة اناث في الاستبيان وكانت الفئة المستهدفة هي الاعمار من ١٨ الى ٤٥ سنة وبواقع ادمان الكافيين اكثر من اربعة اكواب يوميا من المنبهات.

واظهرت البيانات كالتالي ان النسبة الأكبر من مدمنين الكافيين يعانون من الام المعدة والصداع والخلل الهرموني اذ كانت النسبة الاعلى هي الصداع وتليها الام المعدة وأخيرا الخلل الهرموني وكانت الاعراض مشتركة ومتعقده بالنسبة للأنثى الواحدة وغالبا ما يصاحب الصداع الخلل الهرموني. نستنتج من هذه الدراسة أن هناك تأثيرا واضحا وكبيراً لإدمان الكافيين على صحة الجسم وخاصة المعدة والدماغ التي تسبب الصداع وعدم التوازن الهرموني. نوصي بالقيام بحملات توعوية للحد من ظاهرة الإدمان على المنشطات والإفراط في شرب الكحول نظرا لآثارها السلبية عند الإفراط في تناولها. ومع ذلك، فإن الشرب بانتظام وبكميات محدودة يساعد بشكل إيجابي في تحسين صحة الإنسان.