

عنوان مقاله:

Effect of caffeine on kidney stones in children

محل انتشار:

همایش بین المللی غذای طیب (سال: 1401)

تعداد صفحات اصل مقاله: 2

نویسندگان:

Mojtaba Hajipour - Department of Nutrition Sciences, Varastegan Institute for Medical Sciences, Mashhad, Iran

Atefeh Sarafan Sadeghi - Department of Food Hygiene and Aquaculture, Faculty of Veterinary Medicine, Ferdowsi University of Mashhad, Mashhad, Iran

خلاصه مقاله:

Nephropathy is a worldwide health problem, with a high recidivism rate after removal of the stone. Given the morbidity associated with kidney stones and the lack of knowledge, a thorough review of recent studies is critically important. The purpose of this study was to identify the effects of caffeine on increased urolithiasis in children. Material and Methods To accomplish this narrative review, we searched ۴ Databases (PubMed, Web of Science, Scopus and google scholar) based on the search strategy from ۲۰۱۰ to ۲۰۲۲ with the high sensitivity on September ۲۰۲۲ by following MeSH keywords: " pediatric ", " kidney stone ", " nephrolithiasis ", " urolithiasis ", " coffee ", " caffeine ". Findings In addition to the diuretic effect of caffeine, it increases urine excretion of calcium, sodium and magnesium when consumed ۳۰۰-۳۶۰ mg (approximately four cups of coffee). This beverage along with other coffee components could have a protective effect against urological lithiasis formation. Consuming caffeine can slightly increase the risk of formation of calcium oxalate stones. Furthermore, tea has many protective effects against stone formation in children, due to the water supply that accompanies it, the action of caffeine, and components with antioxidant properties. Conclusion Caffeine has a hypercalciuric impact, partially balanced by a diuretic impact that appears after consumption of high amounts of caffeine. Based on our data, There is no evidence that moderate coffee consumption increases the risk of stone formation in healthy people, as long as the recommended daily consumption of liquids is maintained.

کلمات کلیدی:

pediatric, kidney stone, nephrolithiasis, urolithiasis, coffee, caffeine

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