

# PCI TEEN CLINIC

Take charge of your health...it's your choice!



## To book an appointment :

Walk-In if PCI Teen Clinic door is open

Tuesday – Friday 8:00am – 3:30pm

TEXT or Call 204-870-0689 (Provide full name in text)

Or Call 204-857-6843 ext. 11609

## Shared Health/Mental Health and Addictions

Now located in the Prince Charles Building Library

Stop by or call main office to be transferred to a counsellor

Tracy Ediger



Public Health Nurse

Sacha Grimeau



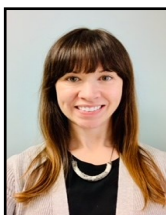
Mental Health Counsellor

Carly Gabler



Registered Dietitians

Kerby Sylvester



Betty Ryzner-Madsen



Addictions Counsellors

Emily Preun



Laine Hill



Mental Health & Addictions Nurse

Jackie Meulpolder



Receptionist

The Addiction Office Presents...

Drug of the Month:

CAFFEINE



Check out the library display to enter to win!

## Caffeine Recommendations for Teens:

It is recommended for teens 13 years and older to have no more than 2.5 mg of caffeine per kilogram of body weight per day. For someone who weighs ~120 lbs that would equal ~136 mg of caffeine per day (approx. 1 cup of coffee) . For someone who weights ~180 lbs that would equal ~205 mg of caffeine per day.

**Too much** caffeine can interfere with sleep patterns and cause irritability, fast heart rate, or headache.



## How much caffeine is in your drink?

1 cup of regular brew coffee	80-179 mg
1 cup cappuccino or latte	45-148 mg
1 can of iced tea	22-64 mg
1 cup of black tea	43-50 mg
1 can of cola	37-38 mg
1 can of energy drink	160 mg
1 cup herbal tea	0 mg

## CAFFEINE Fast Facts

### Caffeine is the World's Most Popular Drug

In North America, more than 80% of adults regularly consume caffeine.(CAMH)



### Caffeine is a Stimulant Drug

Caffeine stimulates the brain, elevates mood, and postpones fatigue. (CAMH)



### Drinking Coffee Will Not "Sober You Up"

Contrary to popular belief, if you've consumed too much alcohol, coffee will not help you become sober. The caffeine will make you more alert, but your coordination will still be impaired. (CAMH)



### Caffeine is Everywhere

Caffeine can be found in chocolate, cold medication, tea, coffee, energy drinks, soft drinks, and even decaf coffee. (CAMH)

