

Caffeine addiction is in the genes

Vocabulary

1. **Genes** - Basic Physical units of heredity.

Sample sentence: The technology could be used in research to study the role of different genes in development of other biological process.

2. **Caffeine**- A white, crystalline, bitter alkaloid, $C_8H_{10}N_4O_2$, usually derived from coffee or tea: used in medicine chiefly as a nervous system stimulant.

Sample sentence: cup of regular instant coffee generally contains less caffeine than a cup of regular brewed coffee.

3. **Sequences** - An arrangement of two or more things in a successive order.

Sample sentence: There was a sequence of events that occurred last night.

4. **Variation** - A change or slight difference in condition, amount, or level, typically with certain limits

Sample sentence: Someone introduced me many variations of new mobile phone and I could not choose which one to buy.

5. **Consumption** - The amount consumed.

Sample sentence: His consumption of so many cheesburgers made me feel extremely hungry.

Caffeine addiction is in the genes

Let's read

Coffee drinkers finally have an excuse for their addiction according to the U.S. scientists.

American scientists are searching for links as why some people are addicted to caffeine on examined genetic variations in more than 40 thousand individuals. They found two sets of DNA associated with consuming tea, coffee, chocolate, soft drinks and other sources of caffeine. These two sequences contain two genes that are associated with the way the body processes caffeine. First, CYP1A2, and previously was known as a gene that participates in the breakdown of caffeine. Second, AHR, helps to regulate the former one.

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Scientists have found that people who carry the so-called variation of high consumption of any of these two genes drink more coffee than those with a variant of low consumption. That is, the former on average consume 40 milligrams of caffeine per day more than others. Author of the study, Neil Caporaso said that this is in fact an incredible story. He also added that people do not expect that, but genetics plays a major role in behavior, including, as we see, and how much caffeine we drink.

Caporaso says that we've known for decades that CYP1A2 is responsible for caffeine addiction, but now we are using the new technology first demonstrated that the gene is responsible for inherited differences in the amount of coffee we drink among people.

Caffeine is the most popular stimulant in the world, 90 percent of the population uses it in one form or another.

Discussion A

1. Are you a 'coffeeholic'?
2. Does coffee affect your appetite?

Discussion B

1. Do you think caffeine is a dangerous drug?
2. Are there any health benefits in drinking coffee?
3. What do you think happens when you overdose on coffee?