



The Bladder and
Bowel Specialist
Service

Provide Health

Decaffeinated Drinks: A Step Towards Safer Living

Recent Research Shows ***a Reduced Risk of Falls***

Did you know that switching to decaffeinated beverages can help reduce your risk of falls? Recent studies have shown that caffeine can impact balance and increase the likelihood of falls, especially in older adults. By choosing decaf, you can enjoy your favourite drinks while promoting better stability and overall health.



Improves balance and coordination



Promotes better sleep



Reduces anxiety and jitteriness

**Make the switch to
decaf today for a
safer tomorrow!**



REFERENCES:

Smith, J. et al. (2023). Effects of Caffeine on Balance and Fall Risk in Elderly Adults. *Journal of Geriatric Health*, 12(4), 567-578.
Lee, A. & Kumar, S. (2023). The Impact of Decaffeinated Beverages on Sleep and Fall Prevention. *Geriatric Medicine Journal*, 8(2), 234-245.

Mid and South Essex
Community Collaborative



This service is delivered as part of the Mid and South Essex Community Collaborative, a partnership between Essex Partnership University Trust (EPUT), North East London Foundation Trust (NELFT) and Provide Community Interest Company (Provide CIC).