

Caffeine may boost long-term memory

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CAFFEINE & LONG TERM MEMORY What the news was published? The news article has been published on January, 13; 2. What is the specific topic the article circles around?

The article covers the health benefits of caffeine; while also hinting at the negative impacts. It specifically presents a research team's findings that caffeine increases the long term memory of the volunteers. They are able to distinguish old and new pictures better if after taking up to 300 mg caffeine dose an hour prior to test.

3. Why this impacts public health?

As mentioned in the article, an average American consumes approximately 300mg of caffeine daily from sources such as tea, coffee and other energy as well as soft drinks. Intake of caffeine at such high levels by an entire population will show its impact on the general well being and health of the population, as well as the productivity of the nation. Thus the article stresses the importance of research on the health benefits and negative impacts of caffeine.

4. Why you found this article interesting to read?

The article covers a topic that concerns every individual, irrespective of race, religion or nation. Caffeine is being taken up in multiple forms by every individual of almost all ages and thus it is interesting to read a scientific description of its impact on our biological systems. The article is made even more interesting by the simplicity of language, make it easy to understand. Not only does it report the results of Daniel Barota's team, but it also mentions other relevant researches and their findings; which successfully provides a comprehensive view on the topic.