

DATE: May 20, 1968

To : Josh

FROM : Avram

GOLDSTEIN

SUBJECT: Caffeine

Enclosed the reprints of our published work. The Weiss-Laties review cited by us is the most thorough one I know of, but I am not au courant with the latest literature, so there might be more recent ones.

Butcher and Sutherland demonstrated the inhibition of phosphodiesterase by methylated xanthines (JBC 237: 1244, 1962), which has led to the notion that caffeine effects, in brain too, might be a result of increased cyclic AMP levels.

Finally, I have a manuscript in preparation, dealing with caffeine effects on coffee-drinkers and noncoffee-drinkers in a housewife population at Escondido Village. If you are interested I'd be glad to show you some of the data. It shows clearly that when regular coffee drinkers have a morning cup of coffee they feel that it wakes them up, makes them fit to face the world, and produces a certain relaxed euphoria. When they get decaffeinated coffee they feel miserable and some get headache. Women who never drink coffee react very differently. Coffee makes them jittery, nervous, upset, and upsets their "stomachs". Decaffeinated coffee is fine -- none of these negative results ensue. We'd like to know if these differentiated reactions were present before the coffee-drinking age, and maybe some day we can find out, but at present we simply can't tell what is preexisting genetic difference and what is the consequence of longterm adaptation to caffeine.