



THE HEAVY CONSUMPTION OF CARBONATED SOFT DRINKS: EFFECTS ON HUMAN HEALTH

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Introduction: The world today is very different from the past, with new technology, faster communication, and many new products. Still, people need the same basics like food and water. What has changed most is the variety of foods and drinks we can eat and drink. Fast food, ready-made drinks, and especially carbonated soft drinks are now everywhere, from restaurants to school vending machines. Many people, including children, drink these beverages without realising the possible health risks. As more people buy these drinks, health problems have become more common for people of all ages. One of the biggest concerns is how often people drink carbonated soft drinks.

Carbonated Soft Drinks and the Cardiovascular System

Over the years, both soft drink production and heart-related illnesses have increased worldwide. Many things can cause heart disease, but research shows that drinking sugary drinks often is linked to a higher risk of heart problems (de Koning et al., 2012).

Most carbonated soft drinks contain a lot of sugar, often in the form of high-fructose corn syrup. Drinking soda can cause blood sugar to rise quickly, prompting the body to release insulin to help control it. If this happens often, it can lead to insulin resistance, which is a key step toward metabolic syndrome and heart disease (de Koning et al., 2012).

Carbonated drinks can also make the heart work harder. Some studies say that drinking these beverages regularly can raise blood pressure and heart rate. This happens partly because of sugar and partly because extra calories can cause weight gain (Malik et al., 2010). When the heart is under stress for a long time, it puts pressure on the cardiovascular system and can lead to high blood pressure, heart disease, or even stroke.

Effects on the Neural System

Drinking a lot of soft drinks can also affect the brain and nerves. This is mostly because of the high sugar content. The brain needs steady blood sugar levels to work well, and sudden changes can cause problems. Research shows that consuming too much sugar may impair memory and make it harder to think clearly, especially in young people whose brains are still developing (Nehlig, 2015).



If someone regularly drinks sugary soda, their brain becomes accustomed to high sugar levels, which can harm learning and memory over time. Some studies show that excessive sugar intake may reduce the levels of important proteins that help brain cells communicate (Nehlig, 2015).

Many carbonated drinks have caffeine. A little caffeine can make you feel more awake, but too much can overstimulate the nervous system and cause anxiety, nervousness, or trouble sleeping. Teens and children are especially sensitive to caffeine. If someone drinks soda every day, these effects can build up over time and affect attention, mood, and mental health.

What About Teeth?

Carbonated soft drinks also affect dental health. Most of these drinks contain acids such as phosphoric acid and citric acid, which can damage tooth enamel, the hard outer layer of the teeth. When enamel wears away, teeth become more sensitive and are more likely to get cavities.

Besides acids, the sugar in soft drinks feeds bacteria in the mouth. These bacteria make even more acid as they break down the sugar, which accelerates tooth decay (Tahmassebi et al., 2006). Children and teens who drink soda often are much more likely to get cavities than those who drink water or milk.

Once tooth enamel is lost, it cannot fully grow back. This means damage from acidic and sugary drinks can be permanent. Many people think brushing right after drinking soda helps, but it can actually make things worse because the enamel is weaker after acid exposure. Dentists suggest rinsing the mouth with water and waiting at least 30 minutes before brushing.

Conclusion

To sum up, carbonated soft drinks might taste good, but they can seriously harm human health over time. They put extra strain on the heart by raising blood pressure and heart rate, and by causing weight gain, which can lead to heart disease. These drinks also affect the brain, making it harder to learn, remember things, and sleep well because of the sugar and caffeine. They are bad for the teeth, too, as the acids and sugar break down enamel and cause cavities. Drinking soda once in a while is not likely to cause harm, but drinking it often can lead to serious health issues. Knowing these risks can help people choose healthier drinks, such as water, tea, or natural juice. Making these choices can help protect our health in the long run.

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