

What Your Patient Reads

Does coffee help you live longer?

A New England Journal of Medicine study received a lot of attention in the press recently for its findings on coffee consumption and mortality. The research, which looked at 402,000 people, aged 50 – 71 in the United States over a period of 13 years, provided evidence that coffee consumption is not harmful and that coffee drinkers may actually live longer. Led by Neal Freedman of the National Cancer Institute, this is the largest research study ever done on coffee consumption. The findings do not prove cause and effect but it does show that after taking certain factors into account (coffee drinkers tend to smoke, drink and eat red meat more and exercise less than those who do not consume coffee) coffee drinkers live longer. As much as one cup of java a day seemed to show a modest positive effect. While there was no effect on cancer death risk, coffee drinkers were less likely to die from heart disease, respiratory disease, stroke, diabetes, injuries, accidents or infections. The researchers found no difference between those that drank regular coffee or decaffeinated coffee.

View full story at:

“Coffee drinkers might live longer, study suggests.” CTV News. May 16, 2012. Accessed on May 24, 2012. <http://www.ctv.ca/CTVNews/Health/20120516/Coffee-drinkers-live-longer-study-finds-120516/>.

Referenced Work

Freedman ND, Park Y, Abnet CC, Hollenbeck AR, Sinha R. Association of coffee drinking with total and cause-specific mortality. *N Engl J Med*. 2012 May 17;366(20):1891-904. PMID: 22591295

Additional References from the Medical Literature

Floegel A, Pischon T, Bergmann MM, Teucher B, Kaaks R, Boeing H. Coffee consumption and risk of chronic disease in the European Prospective Investigation into Cancer and Nutrition (EPIC)-Germany study. *Am J Clin Nutr*. 2012 Apr;95(4):901-8. PMID: 22338038

Di Castelnuovo A, di Giuseppe R, Iacoviello L, de Gaetano G. Consumption of cocoa, tea and coffee and risk of cardiovascular disease. *Eur J Intern Med*. 2012 Jan;23(1):15-25. PMID: 22153525

Patil H, Lavie CJ, O'Keefe JH. Cuppa joe: friend or foe? Effects of chronic coffee consumption on cardiovascular and brain health. *Mo Med*. 2011 Nov-Dec;108(6):431-8. PMID: 22338737

Freedman's Key Points

- Analysis involved 229,119 men and 173,141 women aged 50-71 years at baseline between 1995-2008.
- Data from the NIH-AARP Diet and Health Study.
- There were more than 52,000 deaths during the course of the study.
- Coffee consumption was assessed at baseline.
- People with cancer, heart disease, stroke, and extremely high or low caloric consumption were excluded from the study.
- Coffee consumption was associated with other factors including higher levels of smoking, drinking and consumption of red meat.
- Coffee drinkers had lower levels of education, were less physically active and ate less fruit, vegetables and white meat.

To obtain a copy of the articles listed or to request a literature search on this topic please contact your Health Sciences Librarian.

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Additional References from the Medical Literature

Lopez-Garcia E, Rodriguez-Artalejo F, Li TY, Mukamal KJ, Hu FB, van Dam RM. Coffee consumption and mortality in women with cardiovascular disease. *Am J Clin Nutr.* 2011 Jul;94(1):218-24. PMID: 21562090

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Zhang Z, Hu G, Caballero B, Appel L, Chen L. Habitual coffee consumption and risk of hypertension: a systematic review and meta-analysis of prospective observational studies. *Am J Clin Nutr.* 2011 Jun;93(6):1212-9. PMID: 21450934

Arab L. Epidemiologic evidence on coffee and cancer. *Nutr Cancer.* 2010;62(3):271-83. PMID: 20358464

Tamakoshi A, Lin Y, Kawado M, Yagyu K, Kikuchi S, Iso H; JACC Study Group. Effect of coffee consumption on all-cause and total cancer mortality: findings from the JACC study. *Eur J Epidemiol.* 2011 Apr;26(4):285-93. PMID: 21298466

de Koning Gans JM, Uiterwaal CS, van der Schouw YT, Boer JM, Grobbee DE, Verschuren WM, Beulens JW. Tea and coffee consumption and cardiovascular morbidity and mortality. *Arterioscler Thromb Vasc Biol.* 2010 Aug;30(8):1665-71. PMID: 205623518.

Sugiyama K, Kuriyama S, Akhter M, Kakizaki M, Nakaya N, Ohmori-Matsuda K, Shimazu T, Nagai M, Sugawara Y, Hozawa A, Fukao A, Tsuji I. Coffee consumption and mortality due to all causes, cardiovascular disease, and cancer in Japanese women. *J Nutr.* 2010 May;140(5):1007-13. PMID: 20335629

Lopez-Garcia E, van Dam RM, Li TY, Rodriguez-Artalejo F, Hu FB. The relationship of coffee consumption with mortality. *Ann Intern Med.* 2008 Jun 17;148(12):904-14. PMID: 18559841

Summaries for patients. The relationship of coffee drinking and death. *Ann Intern Med.* 2008 Jun 17;148(12):I-40. No abstract available. PMID: 18559826

Key Points Continued

- After multivariate adjustment for potential confounders, there was a modest inverse association between drinking coffee and total mortality for men and women.
- Coffee seemed to be inversely associated with death from heart disease, stroke, injuries, diabetes, accidents, infections and respiratory disease.
- Two thirds of coffee drinkers drank mostly caffeinated coffee.
- The authors state that given the observational nature of the study they cannot conclude that this inverse relationship between coffee consumption and death reflects cause and effect.

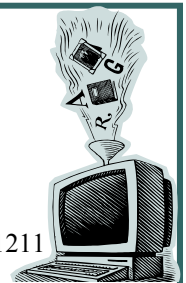
Links For Your Patients

Coffee & Health - <http://www.coffeeandhealth.org/>

Health Canada: Caffeine - <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/caffeine-eng.php>

MedlinePlus: Caffeine - <http://www.nlm.nih.gov/medlineplus/caffeine.html>

Mayo Clinic: Caffeine content for coffee, tea, soda and more - <http://www.mayoclinic.com/health/caffeine/AN01211>



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