



SERVING THE TEXAS COASTAL BEND

NEWS RELEASE

FOR IMMEDIATE RELEASE

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CAN DRINKING COFFEE HELP YOU LIVE LONGER?

Maybe so, if you drink enough cups every day. A study recently published in *the Annals of Internal Medicine* found that among a half million participants from ten European countries who were followed for 16 years, drinking four to five cups of coffee lowered the overall risk of death. European men who drank an average of 4¾ cups of coffee per day had a lower death rate. Among European women, drinking an average of 3¾ cups had a lower death rate.

A second study also published in 2017 in the *Annals of Internal Medicine* looked at over 200,000 participants. Over an average of 16 years follow up, the authors found that those who drank four or more cups of coffee per day had a lower risk of heart attack and death. The authors theorize that bioactive compounds in coffee may be the key to the benefit. The protective effect was present with caffeinated and decaffeinated coffee.

However, too much of a good thing can become a bad thing. Caffeinism, caused by the consumption of large amounts of caffeine and marked by restlessness, nervousness, irritability, insomnia, and tremors can occur if you drink too much coffee too fast. The phrase ‘she would make coffee nervous’ from *You’ve Got Mail* has some truth. Drinking 3 to 5 cups of coffee per day is not associated with adverse health effects

But whoa. Now if you drink your coffee in California, you will soon see warning signs about a possible cancer-causing agent called [acrylamide](#) which is found in coffee. A judge in California has ruled that coffee vendors must post signs warning of possible cancer-causing agents in coffee. However, most scientists feel the risk is negligible.

“Coffee appears to be a beneficial and useful beverage,” said Dr. James Mobley, Chair of the Regional Health Awareness Board, “However as with most things, there appears to be risk and benefit. I don’t think folks should begin drinking gallons of coffee per day to live longer or stop drinking coffee completely to live longer. We recommend using good sense in all things. Overall, coffee is a good thing.”

So go ahead and enjoy your cuppa Joe. Just not too much. And don’t smoke!

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