



Coffee and the Heart

Vincent Murphy

Fig. 1. Coffee and the heart - friend or foe?



One of the most popular recurring themes which we pick up in our daily news roundup is the influence of coffee on the heart. Popular as in popular with our readers. Sometimes it can be hard to keep everything in proportion when you are covering a new development, so here's a rundown of some of the stories which shook Hertzine's world related to coffee over the last couple of years. You might well remember some of them!

1. Coffee Does Not Add to Heart Attack Risk

A new study conducted on Swedish women has found that drinking coffee might not increase the risk of having a heart attack. On the contrary, it might actually be protective for the heart. Read more...

2. Occasional Coffee Can Cause Heart Attack

A new study conducted at the Brown University School of Medicine in Providence, Rhode Island has

found people enjoying the occasional cup of coffee to be at higher risk of heart attack than heavy drinkers of the beverage. Read more...

3. Coffee Linked to Heart Inflammation

A number of studies have linked consumption of moderate to high amounts of coffee to heart disease. Now a new study has found coffee consumption increases levels of several inflammatory markers in the body. The findings of this study could help explain previous studies linking coffee consumption to heart disease.

The medical fraternity is unanimous in its belief that ongoing, low-level inflammation is a major underlying factor in the development of heart disease. Inflammation of the heart is known to cause undue stress on the organ and lead to heart attacks and other conditions. Read more...

4. Heavy Coffee Consumption Does Not Harm Heart

A study published last week has surprisingly shown that long-term, heavy use of coffee does not influence the risk of heart disease for most people. The study followed as many as 128,000 men and women over a period of 20 years and its results showed that filtered coffee did not raise the risk of heart disease. The results do not refer to espresso coffee or French-style brews. Read more...

5. Gene Contribution in Coffee Heart Risks

Recent research has uncovered why one or two cups of coffee a day may be harmful to some, but beneficial to others. This appears to be linked to a gene that determines how fast caffeine is metabolized. Read more...

6. Decaffeinated Coffee Harms Heart

Not only regular coffee, but also decaffeinated coffee appears to have harmful effects on the heart. Researchers have found that decaffeinated coffee increases the levels of a certain type of cholesterol in the blood, as the beans caffeine-free coffee is made of have a higher fat content. [Read more...](#)

7. Chocolate not Coffee Protects Heart

Chocolate and coffee are natural bed-fellows, combined throughout the western world in coffee shops, mochas, and cold iced drinks. The effects upon the neural system may have similarities, however, their effects upon the heart and cardiovascular system couldn't be more different. [Read more...](#)