

Re: Coffee and cholesterol

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2004-10/0843.html>

From: Matti Narkia (mnng1_REMOVE_THIS_at_despammed.com)

Date: 10/09/04

Date: Sat, 09 Oct 2004 18:18:38 +0300

<1097327951.377489.319350@z14g2000cwz.googlegroups.com> "Jan"
<shantigiri@luukku.com> wrote:
>
>Matti Narkia wrote:
>> 7 Oct 2004 20:23:59 -0700 in article
>> <1097205839.027700.66470@f14g2000cwb.googlegroups.com> "Zee"
>> <fresh~horses@despammed.com> wrote:
>>>
>>> Related Medline references: <<<many>>>
>>> This is very depressing.
>>>
>> If it is any consolation, coffee consumption has been associated with
>a
>> reduced risk of type 2 diabetes and despite its cholesterol and
>homocysteine
>> raising effects, coffee consumption has not been conclusively
>associated
>> with coronary heart disease, the results from epidemiological studies
>have
>> been conflicting.
>
>I would prefer tea instead of coffee:
>
>Coffee drinking increases the short term risk of acute myocardial
>infarction or coronary death:
><http://tinyurl.com/4bfpb>
>
>Consumption of tea was associated with lower risk of myocardial
>infarction, not coffee:
><http://tinyurl.com/4qbk5>
>

Well, I prefer tea as well, but your two hand-picked references don't prove a thing ;-). You have to look at all the existing studies. There are quite a number of epidemiological studies about the association of coffee or tea drinking with CHD. If you look at all the epidemiological studies about coffee, you'll find that the results are conflicting, although newer studies do to associate heavy coffee consumption with an increased risk of acute

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coronary events. The effect seems to be J-shaped, so light consumption could actually be associated with a re