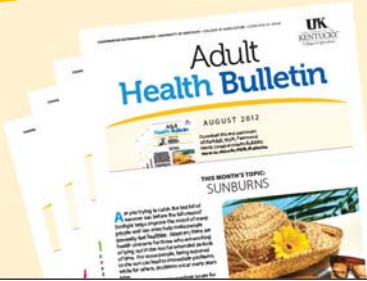


Adult Health Bulletin



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THIS MONTH'S TOPIC: IS COFFEE HEALTHY?

Do you have a regular cup of coffee every morning to get you going? You may or may not have heard that there are certain benefits from drinking coffee every day. In the past, coffee has been linked with harmful health effects such as stunting growth or even causing heart disease or cancer. However, recent studies have shown that coffee is not so bad for most people after all.

First, many doctors have looked into the connection between coffee and cancer or heart disease. Overall, there has been no cause (drinking coffee) and effect (cancer or heart disease) found.

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Recent studies have shown that coffee is not so bad for most people after all.

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Earlier studies about drinking coffee did not usually consider other high risk behaviors such as physical inactivity or smoking. High risk behaviors such as not being active and smoking are often connected to cancers and heart disease.

More recent studies about coffee may have found many benefits to coffee drinking such as reduced risk for:

- Type 2 diabetes
- Parkinson's disease
- Dementia
- Stroke
- Irregular heart rhythms

However, remember that moderation is the key to coffee consumption. If you drink lots of coffee, 4-7 cups a day, then you may have other potential health issues such as:

- Restlessness
- Anxiety
- Irritability
- Sleeplessness
- Heart burn, due to high acidity

Also, remember that the caffeine in coffee may raise blood pressure. In addition, if you add lots of cream and sugar, you are adding lots of calories to your diet. You may be better off drinking milk, juice or water.

If you already drink coffee regularly, you may be getting some benefits. Generally, coffee is not harmful as long you drink it moderately.

SOURCES:

- Coffee Cup News. Top 10 List of Interesting Facts About Coffee (Oct., 2010)
<http://coffeecupnews.org/top-10-list-interesting-facts-about-coffee/>
- WebMD.(August, 2011). Coffee and Your Health
<http://www.webmd.com/food-recipes/features/coffee-new-health-food>
- Mayo Clinic. (March 2010). Coffee in Moderation May Offer Benefits
<http://www.mayoclinic.org/medical-edge-newspaper-2010/mar-05b.html>



Did you know?

- There are over 50 different types of coffee worldwide. However, generally only two are used to make the coffee we drink. They are called arabica and robusta.
- Coffee comes from a tree or bush and it looks like a cherry. The coffee bean is actually the seed.

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