Coffee Drinkers Have Lower Liver Disease Risk

A new roundtable report summarizes key findings from recent studies outlining coffee's likely contributions to protecting the liver.

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Numerous studies have found that coffee consumption is associated with a lower risk of liver disease, including liver cancer and cirrhosis.

A collection of academics and other liver experts recently gathered at the Royal Society of Medicine in London for a roundtable to examine coffee's relationship with liver health. A result of their exchange of ideas is a new roundtable report from the Institute for Scientific Information on Coffee.

According to the report, meta-analyses that compare those who drink coffee to those who do not have found that coffee is associated with up to a 40 percent reduction in the risk of liver cancer. The strength of this relationship is apparently dependent on the amount of coffee consumed.

U.S. and Italian researchers have found that consuming coffee is consistently linked to a lower risk of cirrhosis, in the range of a 25 to 70 percent reduction.

Other studies have indicated that greater consumption of coffee is associated with a lower risk of chronic liver disease. Those who drink a low amount of coffee have about a 25 to 30 percent lower risk while high coffee drinkers have a 65 percent lower risk of chronic liver disease.

To read a press release about the report, click here.

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