

The impact of green tea and coffee consumption on risk of stroke in Japanese population

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Why is this study important?

One of the world's most renowned beverages is tea. Many prospective cohort studies have reported that green tea consumption is linked with reduction in many cardiovascular disease mortalities. Furthermore, coffee is also associated with reduction in diabetes mellitus and cancer. However no large prospective study has reported the combination of green tea and coffee consumption on the incidence of stroke. Since stroke is one of the major cause of morbidity and mortality worldwide, this study aimed to find if green tea and coffee consumption would independently reduce the incidence of stroke.

Who were the participants?

A total of 82,369 Japanese (aged 45-75 years) without cardiovascular disease and cancer were included in the study. Their dietary habits using a food-frequency questionnaire was assessed in 1995 and 1998 who received 13 years of mean follow-up through the end of 2007. Out of the total participants, 43,949 were females and 38,029 were males. Using the choices 0, 1 to 2, 3 to 4 and 5 to 6 times per week, and almost daily, green tea and coffee consumption frequencies were obtained.

What were the results?

In the 1066718 person-years of follow-up, the study documented the incidence of strokes (n=3425) and coronary heart disease (n=910). As compared to seldom drinking green tea, the multivariable-adjusted hazard ratios of all stroke were 0.86 (95% CI, 0.78-0.95) and 0.80 (95% CI, 0.73-0.89) in green tea 2 to 3 and greater than or equal to 4 cups per day, respectively. Compared with seldom drinking coffee, the multivariable-adjusted hazard ratio (95% CI) of all strokes were 0.89 (0.80-0.99), 0.80 (0.72-0.90) and 0.81 (0.72-0.91) for coffee 3 to 6 times per week

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and 1 and greater than or equal to 2 times per day, respectively. Higher green tea and coffee consumption were inversely associated with CVD and stroke subtypes.

What were the Conclusions?

In general population of Japanese, higher green tea and coffee consumption were inversely associated with the risk of stroke.

What does this mean to our patients?

Tea, like the rest of the world is among the most popular beverages in Pakistan as well. Among different kinds of tea, green tea has recently gained importance in the lives of health conscious people. It appears from this study that higher green tea and coffee consumption reduce the risks of CVD, strokes and its subtypes. It would also be important to study the consumption of regular tea and stroke risk in Pakistanis.

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Recommended Reading

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