

AND NOW A WORD FROM THE DOCTOR...

Coffee — Good for the Brain

By David Perlmutter, MD, FACN



Every day it seems that we are warned about the dangerous consequences of one or more of life's simple pleasures. Whether related to the food choices we make or to the use of our cell phones, someone is always reporting a health risk and word of it soon infiltrates the media.

But now there's some very good news for those of us who enjoy drinking coffee. A recent report published in the *Journal of Alzheimer's Disease* has quite convincingly shown that moderate coffee consumption is associated with a dramatically reduced risk of Alzheimer's disease.

In the published study, Scandinavian researchers followed 1,409 subjects for an average of 21 years. These individuals were divided into three groups: low coffee drinkers (up to two cups per day), moderate coffee drinkers (three to five cups a day), and high coffee drinkers (more than five cups a day).

The results showed that those in the moderate group had a 65-70% decreased risk of dementia of all causes, and a specific Alzheimer's risk reduction of 62-64%. Interestingly, the group drinking the least amount of coffee had the highest rate of dementia as well as the highest score on a dementia rating scale.

The researchers were unable to conclude exactly why moderate coffee drinking was so protective of brain function, but speculated that coffee's antioxidant properties may be an important factor.

So, in this case, what makes you feel good may actually be good for you!

Author's note: This article was written after a double cappuccino!

A handwritten signature in blue ink that reads "David".