

# Researchers Say Coffee Is Beneficial In Case Of Diabetes And Inflammation

By iFreePress

They did assign definitions to the three main patterns that they have met. Thus, those who did not drink any coffee were considered “non-coffee drinkers”, those who only had under one and a half cups a day were deemed “casual drinkers” and those who exceeded this daily quota were considered “habitual drinkers”. Panagiotakos of the department of Nutrition and Dietetics at Harokopio University in Athens, Greece.

The Athenians filled out dietary questionnaires including questions about their coffee drinking frequency, according to the study published in the European Journal of Clinical Nutrition.

Coffee is known to be an energy booster, an efficient antioxidant, loner’s best friend, the morning alarm call and more recently stated, a great fighter against inflammation and diabetes. He said that a connection between diabetes and coffee intake have been discovered with the help of numerous studies, while others revealed insignificant results.

The scientists selected a random group of over 1,300 women and men at least 18 years old from Athens in 2002 and 2001.

The participants also had blood tests to evaluate levels of protein markers of inflammation. Tests involving antioxidant levels, indicating the body’s ability to neutralize cell-damaging free radicals.

A decade later, 191 participants had developed diabetes-13 percent of the men and 12 percent of the women.

The researchers noted that the levels of serum amyloid may explain the link between coffee and diabetes.

Panagiotakos and his team just observed the participants in the study and didn’t make them abstain or drink coffee, so they still can’t be completely sure whether drinking the beverage helps to prevent diabetes or not. How much lower? Coffee drinkers listed as “habitual” were 54 percent less likely to contract diabetes than non-coffee drinkers, and this held true even when factors such as smoking, high blood pressure and family history were accounted for. Those who reported drinking more coffee were less likely to develop diabetes. Amyloid is an inflammatory marker in the blood.

He also added that such a relation between coffee and diabetes was hinted at in previous studies as well.

It’s possible that other influences were also at work, he acknowledged.

“The antioxidant components of coffee may be beneficial, but still more research is needed toward this direction”, lead researcher Demosthenes B.

A recent study suggests that consuming coffee is beneficial in case of diabetes and inflammation.

The researchers concluded that they cannot confirm whether drinking more coffee actually prevents diabetes, but they are one step closer to proving a cause-and-effect relationship.