

Coffee consumption ‘does not raise risk for common form of irregular heartbeat’

After studying all data, the team established that there is no association between drinking coffee and an *increased* risk of atrial fibrillation.

If anything, the results suggest that coffee could be potentially beneficial for the heart. This is also one of the most comprehensive studies on the connection between the two things.

Atrial fibrillation, as described by the American Heart Association, is a quivering heart, and almost 2.7 million Americans live with this condition.

Previous research has suggested high coffee consumption may increase the risk of AF.

However (there’s always a but!), although available evidence does not indicate that coffee consumption increases the risk of developing AF specifically, coffee may still trigger other forms of irregular heartbeat.

Drinking lots of coffee does not increase the risk of atrial fibrillation, according to the largest prospective study to date on the subject. These participants reported how many cups of coffee they consumed in 1997 and then agreed to be tracked over the course of 12 years.

The researchers added that broader studies must be done to delve deeper into the relationship between the consumption of coffee and AF risk. However, a new study – the largest study of its kind, involving almost 250,000 people – found no evidence an association between the two. All studies were done in Sweden or the United States.

In the follow-up study, afib occurred in 4,311 men during 449,744 person-years and in 2,730 women during 382,000 person-years. The grand total number of atrial fibrillation cases swelled to 10,406 people (out of 248,910).

To confirm their findings, the team also conducted a meta-analysis wherein they went through six other studies on atrial fibrillation and coffee intake.

A new study has discovered no association between an increased risk of atrial fibrillation and coffee consumption. “People who like coffee can safely continue to consume it, at least in moderation, without the risk of developing this condition”. In the research conducted by Dr Eliseo Guallar, an epidemiologist, and his colleagues at the Kangbuk Samsung Hospital in Seoul in South Korea, they found that those who drank three to five cups of coffee per day had a lower risk of having calcium deposits in their coronary arteries, which is an indicator of heart disease. Ultimately, more study is needed to answer these questions, the researchers noted.