



Surprising Relationship Between Coffee and Heart Rhythm

By Staff

4/19/2010

US Pharm. 2010;35(4):6.

San Francisco, CA — In a study presented in March at the American Heart Association's 50th Annual Conference on Cardiovascular Disease Epidemiology and Prevention in San Francisco, new research suggests that coffee drinkers may be less likely to be hospitalized for heart rhythm disturbances. Researchers at Kaiser Permanente Division of Research in Oakland, California, followed 130,054 men and women and found that those who reported drinking four or more cups of coffee each day had an 18% lower risk of hospitalization for heart rhythm disturbances, compared to a 7% reduction in risk in those drinking one to three cups per day. While not proof that people should drink coffee to prevent arrhythmias, this report supports the idea that those who are at risk for or have rhythm problems do not necessarily need to abstain from drinking caffeinated coffee.

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