- Coffee

## Good News for Coffee Drinkers

Studies have shown that people who consume coffee and/or caffeine get some protection against heart disease. A new study published in the journal *Nutrition, Metabolism & Cardiovascular Disease* found that coffee drinkers have a lower risk not only of developing a single cardiometabolic disease, such as congenital heart disease or stroke, but also a lower risk of more. The effect was strongest when people drank their coffee without sugar or artificial sweeteners. Talk with your doctor, though, if you already have a cardiovascular condition. For individuals with heart rhythm disorders, caffeine may worsen their condition. R



SUPOJ BURANAPRAPAPONG/GETTY IMAGES

COPYRIGHT DISTRIBUTION IS STRICTLY PROHIBITED • PRINTED FROM PRESSREADER • NOT FOR RESALE