- Bones—Diseases

Bone issues are brewing

Townsville Bulletin · 19 Jul 2021 · 07

DRINKING too much coffee could increase the risk of osteoporosis, Australian scientists have discovered.

Investigating the effects of coffee on how the kidneys regulate calcium in the body, the researchers found that high doses of caffeine – that is eight cups of coffee consumed over a six-hour period – almost doubled the amount of calcium lost in the urine.

The study from the University of South Australia is the first to report the impact of high-dose, short-term caffeine intake on renal clearance of calcium, sodium, and creatine in healthy adults.