

Coffee Consumption Associated with Reduced Risk of Advanced Prostate Cancer

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(PhysOrg.com) -- While it is too early for physicians to start advising their male patients to take up the habit of regular coffee drinking, data presented at the American Association for Cancer Research Frontiers in Cancer Prevention Research Conference revealed a strong inverse association between coffee consumption and the risk of lethal and advanced prostate cancers.

"Coffee has effects on insulin and glucose metabolism as well as sex hormone levels, all of which play a role in [prostate cancer](#). It was plausible that there may be an association between coffee and prostate cancer," said Kathryn M. Wilson, Ph.D., a postdoctoral fellow at the Channing Laboratory, Harvard Medical School and the Harvard School

of Public Health.

In a prospective investigation, Wilson and colleagues found that men who drank the most coffee had a 60 percent lower risk of aggressive prostate cancer than men who did not drink any coffee. This is the first study of its kind to look at both overall risk of prostate cancer and risk of localized, advanced and lethal disease.

"Few studies have looked prospectively at this association, and none have looked at coffee and specific prostate cancer outcomes," said Wilson. "We specifically looked at different types of prostate cancer, such as advanced vs. localized cancers or high-grade vs. low-grade cancers."

Caffeine is actually not the key factor in this association, according to Wilson. The researchers are unsure which components of the beverage are most important, as coffee contains many biologically active compounds like antioxidants and minerals.

Using the Health Professionals' Follow-Up Study, the researchers documented the regular and decaffeinated coffee intake of nearly 50,000 men every four years from 1986 to 2006; 4,975 of these men developed prostate cancer over that time. They also examined the cross-sectional association between coffee consumption and levels of circulating hormones in blood samples collected from a subset of [men](#) in the cohort.

"Very few lifestyle factors have been consistently associated with prostate cancer risk, especially with risk of aggressive disease, so it would be very exciting if this association is confirmed in other studies," said Wilson. "Our results do suggest there is no reason to stop drinking [coffee](#) out of any concern about prostate cancer."

Provided by American Association for Cancer Research ([news](#) : [web](#))

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