

Drinking coffee may reduce the risk of liver cirrhosis

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Credit: George Hodan/public domain

Regular consumption of coffee was linked with a reduced risk of liver cirrhosis in a review of relevant studies published before July 2015.

In patients with cirrhosis, the liver becomes scarred often as a result of long-term and persistent injury from toxins like alcohol and viruses like hepatitis C. It can be fatal because it increases the risk of [liver failure](#)

and cancer.

The analysis found that an extra 2 cups of coffee per day may reduce the risk of cirrhosis by 44%, and it may nearly halve the risk of dying from cirrhosis.

"Coffee appeared to protect against cirrhosis. This could be an important finding for patients at risk of cirrhosis to help to improve their health outcomes," said Dr. O. J. Kennedy, lead author of the *Alimentary Pharmacology and Therapeutics* analysis. "However, we now need robust clinical trials to investigate the wider benefits and harms of coffee so that doctors can make specific recommendations to patients."

More information: O. J. Kennedy et al. Systematic review with meta-analysis: coffee consumption and the risk of cirrhosis, *Alimentary Pharmacology & Therapeutics* (2016). DOI: [10.1111/apt.13523](https://doi.org/10.1111/apt.13523)

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