

Does coffee help you live longer?

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Credit: George Hodan/public domain

Can drinking coffee help you live longer? Two studies report that it may be true.

Both studies, published in *Annals of Internal Medicine*, [show drinking coffee likely benefits your health](#). One study found [coffee drinking](#) is associated with a [reduced risk](#) of death from various diseases, and the other study showed drinking a lot of coffee is associated with a lower

death risk in African-Americans, Japanese-Americans, Latinos and Caucasians.

Dr. Donald Hensrud, a Mayo Clinic nutrition expert, says the two studies confirm that coffee can benefit many people who drink it, as long as they don't suffer negative side effects of caffeine.

"There is a common belief that coffee is not healthy," says Hensrud. "There are side effects from coffee that may limit consumption in some people, including insomnia; [gastroesophageal reflux disease](#); [urinary symptoms](#), such as frequency and urgency; nervousness and anxiety if consuming too much and others. However, from a health standpoint, these two studies are consistent with many other studies that show overall health benefits. There is fairly good evidence that coffee is associated with decreased risk of liver disease and liver cancer, Parkinson's disease, Type 2 diabetes, and even improved mood and decreased risk of depression."

Hensrud says that while these new studies are not conclusive, they provide reassurance that if people drink coffee and are not having any side effects, there is little reason to decrease consumption, and they should continue to enjoy it.

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