

Caffeine consumption may help kidney disease patients live longer

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Caffeine consumption may prolong the lives in patients with chronic kidney disease (CKD), according to a study that will be presented at ASN Kidney Week 2017 October 31-November 5 at the Ernest N.

Morial Convention Center in New Orleans, LA.

Coffee consumption has been linked to a longer life in the general population. To see if this holds true for individuals with CKD, Miguel Bigotte Vieira, MD (Centro Hospitalar Lisboa Norte, in Portugal), and his colleagues examined the association of [caffeine consumption](#) with mortality among 2328 patients with CKD in a prospective US cohort, using the continuous National Health and Nutrition Examination Survey (NHANES) 1999-2010.

The team found a dose-dependent inverse association between caffeine and all-cause mortality. Compared with those in the lowest quartile of caffeine consumption, those in the second, third, and highest quartiles had 12%, 22%, and 24% lower risks of dying.

"Our study showed a dose-dependent [protective effect](#) of caffeine consumption on mortality among patients with CKD. This association was independent of potential confounders including age, gender, race, annual family income, education level, estimated GFR, albumin/creatinine ratio, hypertension, smoking status, dyslipidemia, body mass index, previous cardiovascular events and diet: consumption of alcohol, carbohydrates, polyunsaturated fatty acids, and fibers," said Dr. Bigotte Vieira.

"These results suggest that advising patients with CKD to drink more caffeine may reduce their mortality. This would represent a simple, clinically beneficial, and inexpensive option, though this benefit should ideally be confirmed in a randomized clinical trial." Dr. Bigotte Vieira stressed that this observational study cannot prove that caffeine reduces the risk of death in patients with CKD, but only suggests the possibility of such a protective effect.

Provided by American Society of Nephrology

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