

Consuming caffeine from coffee reduces incident rosacea

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(HealthDay)—Caffeine intake from coffee is inversely associated with

the risk for incident rosacea, according to a study published online Oct. 17 in *JAMA Dermatology*.

Suyun Li, Ph.D., from the Qingdao University in China, and colleagues conducted a cohort study involving 82,737 women in the Nurses' Health Study II to examine the correlation between the risk for incident rosacea and [caffeine](#) intake.

The researchers identified 4,945 incident cases of rosacea during 1,120,051 person-years of follow-up. Increased caffeine intake was inversely associated with the risk for rosacea after adjustment for other risk factors (hazard ratio for the highest versus the lowest quintile of caffeine intake, 0.76; 95 percent confidence interval, 0.69 to 0.84; P trend). There was no correlation between increased caffeine intake from foods other than [coffee](#) and decreased risk for rosacea.

"Our findings do not support limiting [caffeine intake](#) as a preventive strategy for [rosacea](#)," the authors write. "Further studies are required to explain the underlying mechanisms of observed associations."

Several authors disclosed financial ties to the pharmaceutical industry.

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