Coffee and Coronary Heart Disease, is there a relationship?

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ABSTRACT

Coffee consumption has been shown to be inversely associated with the risk of coronary heart disease (CHD). This relationship has been extensively studied in recent years. A recent meta-analysis by Kandil et al. (2015) found no significant association between coffee consumption and CHD risk. However, this study was limited to studies published before 2010. The aim of this study was to update the previous meta-analysis and include more recent studies. We performed a systematic search of electronic databases from 2010 to 2015 using specific keywords. We included studies that assessed the association between coffee consumption and CHD risk. A total of 21 studies were included in the final analysis. The results showed a significant association between coffee consumption and a decrease in CHD risk. The summary odds ratio for the highest intake group compared to the lowest intake group was 0.80 (95% CI, 0.71-0.89). In conclusion, coffee consumption is associated with a lower risk of CHD. Further studies are needed to understand the underlying mechanisms and to validate these findings.