

# COFFEE MAY REDUCE DEPRESSION RISK

Author Unknown

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Drinking coffee may have a protective effect against depression, according to a U.S. study.

Caffeine is the world's most frequently taken psychoactive substance, but its potential effects on depression aren't well understood.

To learn more, Michel Lucas from the Harvard School of Public Health in Boston and his colleagues studied more than 50,000 women who participated in the Nurses' Health Study from 1996 to 2006.

"Because of its observational design, this study cannot prove that caffeine or caffeinated coffee reduces the risk of depression but only suggests the possibility of such a protective effect," the study's authors concluded in Monday's online issue of the Archives of Internal Medicine.



Women who consumed four cups of caffeinated coffee or 550 milligrams a day or more had a lower risk of depression compared with those who consumed one cup or less per week, the researchers said.

The findings were consistent with earlier observations that suicide risk is lower among those with higher coffee consumption.

During the study period, 2,607 new cases of depression were identified.

The large sample of participants were given diet questionnaires were given seven times during the course of the investigation, which are strengths of the study.

But the researchers said they were unable to exclude the possibility that mild symptoms of depression were the common reason for low caffeine consumption and depression or that women who are sensitive to the stimulant lowered their consumption.

The authors called for more research to confirm their results and to determine whether caffeine consumption could contribute to the prevention or treatment of depression.

No link was found between decaffeinated coffee and depression or others caffeinated drinks.

According to survey data from the U.S. Department of Agriculture, about 90 per cent of adults in the U.S. said they consumed caffeine, and average consumption ranged from 166 milligrams a day to 336 milligrams a day.

The study was funded by the U.S. National Institutes of Health, and the National Alliance for Research on Schizophrenia and Depression. Lucas received a postdoctoral fellowship from Quebec's health research funding agency.

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**I'LL DRINK TO THAT:  
COFFEE  
LOWERS DEPRESSION RISK  
IN WOMEN**

**by**

**Laura Donovan**

**The Daily Caller**

**Thu, 22 Sept 2011**

<http://news.yahoo.com/ll-drink-coffee-lowers-depression-risk-women-162418329.html>

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Fellow ladies: Are you tired or unhappy? Perhaps a trip to Starbucks (or if you live in a cool area, a mom and pop coffee shop) will cheer you up.

A new study from the Harvard School of Public Health found that consistent coffee consumption is linked to a lower depression risk in females. Academics behind the venture discovered that women who have two to three cups of caffeinated java a day were 15 percent less likely to get depression over a ten-year span than those who nursed one or fewer cups each week.

“Taken together, these results reassure coffee drinkers that there seem to exist no glaringly deleterious health consequences to coffee consumption,” Dr. Seth Berkowitz wrote in an editor’s message alongside the study.



But Berkowitz and the other researchers are going to hold off on going so far as to recommend coffee to patients, as the study only shows a link between coffee and depression risk. Caffeine’s effect on depression, say the researchers, remains unclear.

One of the biggest women’s health studies in the country, the research sampled 50,000 participants for a decade and corresponds with earlier research that coffee consumption may lower suicide risk. Outside of the well-being realm, coffee also reduces the possibility of developing Dementia or Alzheimer’s disease later in life. Coffee can even help men, as it leads to a lower risk of gout.

According to MSNBC, 2,607 participants developed depression during the study’s ten-year period. Women who downed four plus cups of coffee daily were 20 percent less likely to get depression than the ladies who consumed one or fewer cups of coffee each week.

Dr. John Greden of the University of Michigan’s Comprehensive Depression told The Huffington Post that the study may not have followed the right age range of women.

“The women they studied had an average age of above 60, and most depressions start young,” Dr. Greden said. “So in a strange way, this is probably a very protected group, given the fact that none had depression at the start of the study.”

Though coffee is linked to anxiety, insomnia, and sleeping problems, it can also energize drinkers and boost productivity.

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