Questions patients ask

Q: Does drinking coffee help prevent cognitive decline in older adults?
A: Research suggests that regular, moderate coffee drinking over a lifetime slows down cognitive decline as we get older\(^1\), especially in women and those over 80 years old in particular\(^2,3\).

Q: How does coffee slow down cognitive decline as we get older?
A: The exact mechanism behind coffee’s beneficial effect on cognitive function in older adults is not yet known; however, caffeine\(^1,2,3\), but also other coffee components like anti-inflammatory compounds, may play a role.

Q: Are the elderly particularly sensitive to coffee’s effects on cognitive decline?
A: Yes. In many studies, young and elderly participants appear to respond to the effects of caffeine in coffee differently. Overall, older adults are more sensitive to the protective effects of coffee/caffeine on declining mental performance than younger adults\(^4,5,6\).

Q: Am I less likely to get Alzheimer’s disease if I drink coffee?
A: It is too early to say. However, the majority of studies suggest that older adults who drink moderate amounts of coffee, regularly over a lifetime, may be less likely to develop Alzheimer’s disease than non-coffee drinkers\(^1,7\). More research is needed.

Q: How much coffee do I need to drink to reduce my risk of getting Alzheimer’s disease?
A: Although it is too early to draw firm conclusions, studies suggest that older adults who drink moderate amounts of coffee i.e. 3-5 cups of caffeinated coffee, regularly over a lifetime, may be less likely to develop Alzheimer’s disease than non-coffee drinkers\(^1,7,8\).

Q: How does coffee work to reduce the risk of Alzheimer’s disease?
A: It is too early to say as the mechanisms are not yet known. More research is needed.

Q: Am I less likely to get Parkinson’s disease if I drink coffee?
A: Possibly. Research suggests that regular coffee consumption may reduce, or delay, the development of Parkinson’s disease, in men and in women who are not on hormonal therapy\(^9,10,11\).

Q: How much coffee do I need to drink to reduce my risk of getting Parkinson’s disease?
A: The optimal amount of coffee has not been established yet, however positive effects have been reported for moderate consumption (3-5 cups a day).

Q: How does coffee work to reduce the risk of Parkinson’s disease?
A: Caffeine in coffee is likely to be the compound responsible for coffee’s potentially beneficial effect\(^12,13\). More work is needed to confirm its exact mechanism of action.

Q: Am I less likely to suffer a stroke if I drink coffee?
A: Recent research shows that moderate coffee drinkers may be less likely to suffer a stroke than non-coffee drinkers\(^14,15,16\).

Q: How much coffee do I need to drink to reduce my risk of suffering a stroke?
A: Recent research shows that moderate coffee drinkers, who drink approximately 3-5 cups of caffeinated coffee, may be less likely to suffer a stroke than non-coffee drinkers\(^14,15,16\).
Neurodegenerative disorders

References


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