

Lower Liver Cancer Risk by Drinking Coffee Daily

By Sandeep Godiyal, *Natural News*



Coffee, after decades of bad press, is finally coming into its own. There continue to be health reports that note the benefits of having a daily cup of coffee. In addition to research which shows that a daily cup of java could have positive effects on a person's ability to stave off strokes, Parkinson's disease and type 2 diabetes, recent research has shown that coffee drinkers can now add a lower risk of getting a certain type of liver cancer to the benefits of downing their favorite beverage.

Most common type of liver cancer foiled

Researchers from the Norris Comprehensive Cancer Center at the University of Southern California have shown a positive correlation between drinking coffee and a lower risk of hepatocellular carcinoma. These findings, targeted to this type of liver cancer, also known as HCC, were presented at the American Association of Cancer Research's annual meeting. During that presentation, researchers noted that people who are at high risk for HCC should aim to drink coffee on a daily basis.

According to V. Wendy Setiawan, Ph.D., a doctor and associate professor at the Department of Preventive Medicine at the University of California, the study involved following 179,890 women and men over the course of 18 years. The study participants were of varying races, including Latinos, Caucasians, Hawaiian Americans, African Americans and Japanese Americans. Researchers tracked the participants' coffee consumption, as well as other factors related to their lifestyles.

Of the participants in the study, 498 of them were eventually diagnosed with HCC. Researchers, however, noted an interesting correlation between the amount of coffee

consumed and the likelihood of the study's participants to develop cancer. For those people who drank, on average, one to three cups of coffee each day, their risk for developing HCC was 29% lower compared to those who drank less than six cups of coffee each week.

Greater coffee consumption equals lower liver cancer risk

Even more startling were the results of those people who drank four, or more, cups of coffee each day. These people showed a 42% lower risk of developing liver cancer. While these results are encouraging, they are not the first time that a positive relationship between coffee consumption and a lower risk of liver cancer has been shown.

Years of studies show a positive result

In 2013, a study published in the medical journal *Clinical Gastroenterology and Hepatology* analyzed published data from years of studies. The studies pulled included 16 from between 1999 and 2012, with results showing a 40% reduction in the risk of HCC with the consumption of coffee. Additionally, the risk was slashed by 50% when individuals drank at least three cups of coffee each day.

Sources:

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