

Study: Coffee wards off prostate cancer

By Rob Stein, Washington Post

In case you needed one, here's another possible reason to have that cup of coffee in the morning: Men who regularly drink coffee appear to be less likely to be diagnosed with prostate cancer, especially the most lethal kind, according to new research.

Lorelei Mucci of the Harvard School of Public Health and colleagues analyzed data collected from 47,911 U.S. men who participated in the Health Professionals Follow-up Study, a large, ongoing examination of a variety of health issues for men. As part of the study, the men reported their coffee consumption every four years between 1986 and 2008. During that period, 5,035 cases of prostate cancer were reported, including 642 fatal cases.

The men who consumed the most coffee, which was defined as six or more cups every day, were nearly 20 percent less likely to develop any form of prostate cancer, the researchers reported in the May 17 issue of the Journal of the National Cancer Institute.

But, most strikingly, the heavy coffee drinkers were also 60 percent less likely to be diagnosed with a lethal prostate tumor. Those who drank between one and three cups a day were 30 percent less likely to develop a lethal case.

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