

Study: Coffee linked to lower risk of liver cancer

By Karen Kaplan, Los Angeles Times

In their continuing quest to prove that coffee is indeed a health food, medical researchers analyzed the health records of nearly 180,000 Americans and determined that the ones with a daily java habit were less likely to get a common type of liver cancer than their less-caffeinated counterparts.

The study, presented this week at the American Association for Cancer Research's annual meeting in San Diego, may not be enough to get your coffee break covered by your health insurance, but the results were striking.

Compared with people who drank no more than six cups of coffee per week, those who drank one to three cups per day were 29% less likely to develop hepatocellular carcinoma, or HCC, which is the most common form of liver cancer. Serious coffee drinkers – those who downed four or more cups per day – were 42 percent less likely to be diagnosed with the disease.

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