



## *The Medical* **Bulletin**

### Guest Editorial



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### COFFEE AND LIVER HEALTH

Drinking coffee has played a major role in our day-to-day life. It has been a part of important beverage in everyday life. It certainly gives the spark in everyday life but also beneficial to the liver.

It has been clearly evidenced that drinking 2 to 3 cups of coffee a day prevents progression of fibrosis in chronic liver disease. Large NHANES study followed large cohort of patients and found close correlation between drinking coffee and less progression of fibrosis in the chronic liver condition. This has been shown both in patients with hepatitis C and nonalcoholic fatty liver. Brewed coffee is much better than instant coffee in this role, but UK study has shown all kinds of coffee has beneficial health.

Coffee has antioxidants and phenols. It has anti-inflammatory effect and protects the liver and lessens the risk of diabetes and cancer. Black coffee is better but tiny amount of milk and sweetener can be added. 1 cup of coffee has 200 to 550 mg of antioxidants including chlorogenic acid that helps the body process fat and sugar.

So, drink up your coffee 2 to 3 cups a day.