



## PARKINSON'S DISEASE NEWS

<http://www.viartis.net/parkinsons.disease/news.htm>

26th July 2013 - New research

### COFFEE REDUCES THE RISK OF PARKINSON'S DISEASE

Geriatrics and Gerontology International [2013] Jul 23 [Epub ahead of print] (H.Qi, S.Li)

In the largest assessment of its kind coffee has been found to reduce the risk of Parkinson's Disease as have tea and caffeine. With coffee the risk of Parkinson's Disease was reduced to 72%. The strength of this association reached the maximum at approximately 3 cups per day.

When tea and caffeine were included in the assessment the risk of Parkinson's Disease reduced in relation to the intake. The risk of Parkinson's Disease was reduced by 26% for every two cups of tea consumed and by 17% for every 200mg of caffeine taken. The association of coffee and tea consumption with the risk of Parkinson's Disease was stronger for men than it was for women. The association of caffeine consumption with the risk of Parkinson's Disease was stronger in postmenopausal women when they had ever used hormones. These associations were weaker in the USA than they were in Europe and Asia.

Caffeine and theophylline, which is found in tea, are a type of drug called adenosine antagonists. Adenosine antagonists include drugs presently being developed for the treatment of Parkinson's Disease including : Preladenant, Tozadenant, and Istradefylline.

<http://www.viartis.net/parkinsons.disease/news/130726.pdf>

[mail@viartis.net](mailto:mail@viartis.net)

©2013 Viartis