



PARKINSON'S DISEASE NEWS

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COFFEE INTAKE AND THE RISK OF DYSKINESIA

Movement Disorders [2013] 28 (3) : 380-383 (A.M.Wills, S.Eberly, M.Tennis, A.E.Lang, S. Messing, D.Togasaki, C.M.Tanner, C.Kamp, J.F.Chen, D.Oakes, M.P.McDermott, M.A. Schwarzschild)

Caffeine is a naturally occurring adenosine antagonist that is commonly found in coffee, and to a lesser extent in tea, cola drinks, cocoa, and chocolate. Adenosine antagonists reduce or prevent the development of dyskinesia in animal models of L-dopa induced dyskinesia.

Researchers examined the association between caffeine intake self-reported intake of caffeine and time to dyskinesia. Those people who consumed 12 ounces of coffee per day, which is about two cups, reduced their likelihood of developing dyskinesia to 61%. Those people who consumed 4 to 12 ounces of coffee per day, which is less than two cups per day, reduced their likelihood of developing dyskinesia to 73%. The authors suggest that these results support the possibility that caffeine may reduce the likelihood of developing dyskinesia.

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mail@viartis.net

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