

Coffee reduces the risk of death in kidney patients

According to a recent study, caffeine consumption may prolong the life of patients with chronic kidney disease (CKD).

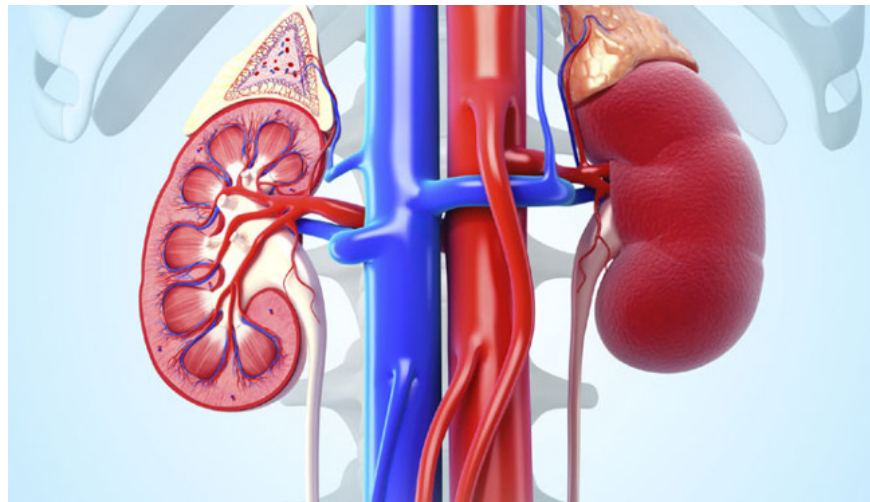
1. Bad habits in life cause serious kidney damage

According to a recent study, caffeine consumption may prolong life in patients with chronic kidney disease (CKD).

The findings suggest a paradoxical association between caffeine and all-cause mortality.

Many people are said to drink more coffee will increase the risk of death higher than 24% while also in the second group, high consumption can reduce the risk of death at 12% and 22 %

"These results suggest that patients with CKD who take a lot of caffeine should reduce their mortality," said Miguel Bigotte Vieira of Centro Hospitalar Lisboa Norte, Portugal.



However, "this benefit should be confirmed in a practical randomized clinical trial". Vieira added.

In this study, the team of scientists examined the association between caffeine consumption and mortality among the 2,328 CKD patients.

This result is presented at 2017 ASN Week, taking place in New Orleans.

Moreover, this study cannot prove that caffeine reduces the risk of death in patients with CKD, but only shows the potential for increased effectiveness in reducing mortality, Vieira stressed.

You finished reading the article "**Coffee reduces the risk of death in kidney patients**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
