



The Medical **Bulletin**

In Neurology

1. Drinking coffee or tea is associated with reduced risk for stroke and dementia, with the biggest benefit associated with consuming both beverages, new research suggests.

Investigators found that individuals who drank 2 to 3 cups of coffee and 2 to 3 cups of tea per day had a 30% decrease in incidence of stroke and a 28% lower risk for dementia vs those who did not.

"From a public health perspective, because regular tea and coffee drinkers comprise such a large proportion of the population and because these beverages tend to be consumed habitually throughout adult life, even small potential health benefits or risks associated with tea and coffee intake may have important public health implications," the investigators write.

The study was published online today in PLOS Medicine.

Synergistic Effect? here as earlier studies have shown significant health benefits from moderate coffee and tea intake separately, few have examined the effect of drinking both. Researchers enrolled 365,682 participants from the UK Biobank for the analysis of coffee and tea consumption and stroke and dementia risk and 13,352 participants for the analysis of poststroke dementia.

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