

Can Coffee Every Day Keep the Doctor Away? – Soundbite Transcripts

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Dr. Sudhir Mungee, OSF HealthCare Interventional Cardiologist

“What they found is that for people who drink two to three cups of coffee a day, it either had a neutral effect – meaning it did not cause harm – or 10 to 20% improvement in cardiovascular health: less risk of cardiovascular disease, stroke, heart failure.” (:22)

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“A decrease in inflammation in the body and cardiovascular disease or stroke or heart failure or heart attacks are all related to a state of inflammation. So if there is a biologically active product in coffee beans that reduces oxidative stress, oxidative injury, or reduces inflammation in your body, it probably will have an impact on positive heart health.” (:27)

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“What the study is saying is that if you're a coffee drinker, and if you drink two to three cups of coffee a day, you don't have to stop. Even if you had a heart problem, because they actually looked at people who didn't have a heart problem, it benefited those, and people who had heart problems didn't worsen if they were to take coffee. So I think it's an important message that - okay, don't start it for the wrong reason, but if you're taking it, feel good about it. It's not going to hurt you.” (:27)

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“Coffee in moderation means you're also doing other things in moderation. Moderation in exercise, moderation in how much you eat. So I think there is a subtle message about that lifestyle - how you're taking care of yourself.” (:22)