

## **Soundbite script – Sip smart: coffee supports your heart**

**Nancy Dagefoerde, a nurse practitioner, OSF HealthCare Cardiovascular Institute**

"The study identified that one of the aspects of coffee lowers inflammation, and we have more inflammation in the morning. And so that's why the benefit was shown in this study. I do agree that that's a good benefit of drinking coffee in the morning." (:17)

**Nancy Dagefoerde, a nurse practitioner, OSF HealthCare Cardiovascular Institute**

"Filtered coffee is more beneficial. Boiled coffee can actually be more harmful. There are many compounds in coffee that are beneficial to health in general." (:7)

**Nancy Dagefoerde, a nurse practitioner, OSF HealthCare Cardiovascular Institute**

"Coffee can lower inflammation, increase your metabolism and decrease the absorption of fats. But you definitely want to work on all your risk factors, not just drinking coffee." (:13)

**Nancy Dagefoerde, a nurse practitioner, OSF HealthCare Cardiovascular Institute**

"Coffee is popular in our nation, and in many countries. And the social aspect is nice too. But don't overdo it and just know the risks if you do." (:11)