

Coffee helps stop bowel cancer

People who drink a lot of coffee have less chance of their bowel cancer returning and a smaller risk of dying from the disease. This finding comes from a team that included WUR researchers.



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Previous research had already shown that drinking coffee reduces the risk of getting bowel cancer. To study whether coffee has a beneficial effect on the progress of the disease, 1719 people with bowel cancer were asked to complete a questionnaire about their lifestyle, including questions on how much coffee they drank. The results show that the risk of the cancer returning is one third lower in people who drink a lot of coffee (more than four cups a day) than in people who don't drink much coffee (less than two cups). The risk of death was smallest when drinking three to five cups a day.

Every year, bowel cancer is detected in about 12,000 people in the Netherlands.

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