

Awareness of Beneficial Effects of Coffee Among Doctors a Survey Report

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SUMMARY

The much preferred every day drink of coffee has survived many controversies over the years regarding its beneficial/harmful effect on human health. Coffee drinking, in moderate amounts, was found to reduce the incidence of colorectal cancer, cirrhosis of liver and bronchial asthma and also reduce the risk of developing gallstones. The positive effects of coffee is mainly attributed to the presence of compounds like caffeine, polyphenols including CGA, derivative and degradation products such as caffeic acids, phenylindans & melanoidins which have anti-oxidant properties and hence contribute to the antioxidant defence system in the body.

Coffee Board has taken initiative to disseminate the medical findings related to the positive effects of coffee on human health. In this direction, the Coffee Board of India conducted a survey during Annual CME Conference of the Family Physicians Association during, December 2003 among various sectors of population like doctors, school children etc. to judge the current level of awareness about positive effects of coffee.

The present study summarizes the views/opinions obtained from the survey conducted among the doctors, who are major influencers in the dietary habit of people.