

Coffee cuts liver cancer risk, study suggests

Coffee drinking may help to protect people from the most common form of **primary** liver cancer, research suggests.

已註解 [U1]: primary(a.)主要的,初期的,根本的,原始的,首要的,基本的

A study has found that people who regularly drink coffee **have less chance of developing hepatocellular carcinoma.**

已註解 [U2]: have less chance of developing N 比較不會得到 N(疾病)

已註解 [U3]: hepatocellular carcinoma 肝癌細胞

Evidence review

Researchers at the Universities of Edinburgh and Southampton examined data from 26 studies involving more than two million participants.

They found that hepatocellular carcinoma affected around 50 people in every 1000 of those included in the study.

Among those who **regularly** drink coffee, the rate of disease **was slashed to** 33 people in every 1000 - a 40 per cent drop.

已註解 [U4]: regularly(adv.)有規則地,一絲不苟地,正式地

已註解 [U5]: be slashed to N 被砍到 N

*We have shown that coffee reduces **cirrhosis** and also liver cancer in a **dose-dependent** **manner**. Coffee has also been reported to reduce the risk of death from many other causes. Our research adds*

已註解 [U6]: cirrhosis(n.) 硬化

已註解 [U7]: dose-dependent (a.) 依賴藥物的

已註解 [U8]: in a(n) adj. manner 以...的態度/ 方式

to the evidence that, **in moderation**, coffee can be a wonderful natural medicine.

已註解 [U9]: in moderation 適度地

Professor Peter Hayeshead of Division of Health Sciences, University of Edinburgh

Protection

The protection was found to be the same for both existing coffee drinkers and those who did not usually drink it.

The more coffee was **consumed**, the greater the effect - although there was little data available above five cups a day.

已註解 [U10]: consume (vt.) 消耗, 使用

Cumulative effect

已註解 [U11]: cumulative(a.) 累積的

Drinking one additional cup of **caffeinated** coffee each day **was associated with** a 20 per cent drop in risk.

已註解 [U12]: caffeinate(vt.) 添加咖啡因

已註解 [U13]: be associated with N 與 N 有相關的

Two cups reduced the risk by 35 per cent, while drinking up to five cups each day **cut** the risk **in half**.

已註解 [U14]: cut N in half 把 N 對半切

Even **decaffeinated** coffee was found to be beneficial - cutting the risk of disease by 14 per cent.

已註解 [U15]: decaffeinated (a.) 低咖啡因的

The next step now is for researchers to investigate the effectiveness, through randomised trials, of increased coffee consumption for those at risk of liver cancer.

已註解 [U16]: randomise(vt.) 隨機選擇

Dr Oliver Kennedy University of Southampton

Liver cancer

Hepatocellular carcinoma is the second leading cause of cancer death globally because of its poor prognosis and high frequency, especially in China and Southeast Asia.

已註解 [U17]: hepatocellular carcinoma 肝癌細胞

已註解 [U18]: prognosis (n.) 預知, 預測, 預後

It mostly develops in people who are already suffering from chronic liver diseases.

Researchers say they do not recommend that people start drinking five cups of coffee each day as further investigations into the potential harms of high caffeine intake are needed.

Related links

[Journal article](#)

[Centre for Inflammation Research](#)

[Division of Health Sciences](#)

[Edinburgh Medical School](#)

This article was published on May 25, 2017

文章出處：

<http://www.ed.ac.uk/news/2017/coffee-cuts-liver-cancer-risk-study-suggests>

更多英語學習的有用訊息請上FB加入我們的社團”IELTS Elevation 雅思向善”讓你的生活天天英語，未來時時向善!!