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**ASN KIDNEY WEEK 2017 • OCTOBER 31-NOVEMBER 5 –2017 • NEW ORLEANS, LA**

## **CAFFEINE CONSUMPTION MAY HELP KIDNEY DISEASE PATIENTS LIVE LONGER**

### **Highlights**

- In patients with chronic kidney disease, there was a dose-dependent inverse association between caffeine consumption and early death.
- Results from the analysis will be presented at ASN Kidney Week 2017 October 31–November 5 at the Ernest N. Morial Convention Center in New Orleans, LA.

**New Orleans, LA (November 3, 2017)** — Caffeine consumption may prolong the lives in patients with chronic kidney disease (CKD), according to a study that will be presented at ASN Kidney Week 2017 October 31–November 5 at the Ernest N. Morial Convention Center in New Orleans, LA.

Coffee consumption has been linked to a longer life in the general population. To see if this holds true for individuals with CKD, Miguel Bigotte Vieira, MD (Centro Hospitalar Lisboa Norte, in Portugal), and his colleagues examined the association of caffeine consumption with mortality among 2328 patients with CKD in a prospective US cohort, using the continuous National Health and Nutrition Examination Survey (NHANES) 1999–2010.

The team found a dose-dependent inverse association between caffeine and all-cause mortality. Compared with those in the lowest quartile of caffeine consumption, those in the second, third, and highest quartiles had 12%, 22%, and 24% lower risks of dying.

“Our study showed a dose-dependent protective effect of caffeine consumption on mortality among patients with CKD. This association was independent of potential confounders including age, gender, race, annual family income, education level, estimated GFR, albumin/creatinine ratio, hypertension, smoking status, dyslipidemia, body mass index, previous cardiovascular events and diet: consumption of alcohol, carbohydrates, polyunsaturated fatty acids, and fibers,” said Dr. Bigotte Vieira. “These results suggest that advising patients with CKD to drink more caffeine may reduce their mortality. This would represent a simple, clinically beneficial, and inexpensive option, though this benefit should ideally be confirmed in a randomized clinical trial.” Dr. Bigotte Vieira stressed that this observational study cannot prove that caffeine reduces the risk of death in patients with CKD, but only suggests the possibility of such a protective effect.

Study: “Caffeine consumption and mortality in chronic kidney disease” (Abstract 2784081)

*ASN Kidney Week 2017, the largest nephrology meeting of its kind, will provide a forum for more than 13,000 professionals to discuss the latest findings in kidney health research and engage in educational sessions related to advances in the care of patients with kidney and related disorders. Kidney Week 2017 will take place October 31–November 5, 2017 in New Orleans, LA.*

*Since 1966, the American Society of Nephrology (ASN) has been leading the fight to prevent, treat, and cure kidney diseases throughout the world by educating health professionals and scientists, advancing research and innovation, communicating new knowledge, and advocating for the highest quality care for patients. ASN has nearly 17,000 members representing 112 countries. For more information, please visit [www.asn-online.org](http://www.asn-online.org) or contact us at 202-640-4660.*

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