

## Drinking coffee in the Italian style can reduce risk of prostate Cancer



Big coffee fan? You might want to learn to make coffee in the Italian style because that will help you in keeping prostate cancer at the bay far, far away as per a European Research. That is some good news for the caffeine drinkers and as per the studies, drinking more than three cups of Italian-style coffee daily could half the risk of occurrence of prostate cancer.

The findings come from an analysis of almost 7,000 men from Italy - a country where coffee drinking is a culture. It is quite normal for Italians to start the day with a cappuccino, followed by a caffè macchiato or two at lunch, and an espresso in the evening. In fact, the average Italian consumes around 600 cups of coffee every year, and this number is on the rise.

The study was carried out by the Department of Epidemiology and Prevention - I.R.C.C.S. Neuromed, Italy, in collaboration with the Italian National Institute of Health and the I.R.C.C.S. Istituto Dermopatico dell'Immacolata of Rome. Italians prepare their coffee rigorously, under high pressure, with very high water temperature and without filters. The researchers tested both the caffeinated and the decaffeinated varieties and only the caffeinated coffee reduced the proliferation and metastasization.

The team analyzed their coffee consumption habits and compared them with prostate cancer cases occurring over time, finding that those who drank more than three cups of coffee a day benefited from a 53 percent reduction in their risk of developing prostate cancer.

Wonder how to make Italian style coffee? Well it is commonly known as 'Espresso' and here's a video of how to make a perfect cup of Espresso.