



## **Caffeine, Coffee, and Health (Monographs of the Mario Negri Institute for Pharmacological Research, Milan)**

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# Caffeine, Coffee, and Health (Monographs of the Mario Negri Institute for Pharmacological Research, Milan)

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In this volume, leading international investigators provide an objective view of the physiological and behavioural effects of coffee and its relationship to various diseases, including cancer. The book begins with a survey of coffee consumption and analyses of the composition of coffee, the metabolism of caffeine and other components of coffee, and the mechanism of action of caffeine. The contributors then review and assess the experimental, clinical, and epidemiological data on the cardiovascular effects of caffeine; the role of coffee in myocardial infarction and other cardiovascular diseases; the psychopharmacology of caffeine; its influence on sleep, wakefulness, and cognitive function; its reproductive effects and hazards; and its carcinogenic and mutagenic potential.

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