



818 18th Street, NW • Suite 1000 • Washington, DC 20006  
202.728.7199 • fax: 202.728.7238 • [www.womenheart.org](http://www.womenheart.org)

## Atrial Fibrillation and Caffeine

One of the most frequent contributors to the discussions on the **WomenHeart** online support community recently posted "**Atrial Fibrillation: Don't Blame Caffeine**" ([link: http://www.theheart.org/article/1111677.do](http://www.theheart.org/article/1111677.do)), a Women's Health Study that followed more than 30,000 women over 14 years. The middle-aged women in the study, which appeared in 2010 in the *American Journal of Clinical Nutrition*, initially had no heart disease or other health concerns and did not develop atrial fibrillation as a result of increased caffeine intake from coffee, tea, soda, or chocolate. Good news for those who love a morning cup of joe!

Some Heart Sisters responded that they can't get through the day without a cuppa, while others were advised by their cardiologists to give up the caffeine even if they hadn't been diagnosed with A Fib and have switched to herbal tea (one recommendation: blueberry). Are you a former coffee drinker going through withdrawal? You can get helpful hints and advice from other Heart Sisters on the **WomenHeart** online support community — membership is free!