

CAFFEINE AND YOUR HEART

If you're a "don't talk to me until I have my coffee" person, you're not alone. But if you're drinking caffeine all day long, there are some heart risks you should know about.

Caffeine, commonly found in coffee, tea and soft drinks, is a natural stimulant to the central nervous system, so it helps many of us wake up in the morning or snap out of that afternoon lull. But too much caffeine can have an impact on your heart.

Too much can cause a rapid heart rate or rhythm which puts stress on your heart and could lead to other serious problems. Too much caffeine can also cause a temporary increase in blood pressure, which is fine, but if you already have elevated blood pressure it can be a serious problem and put you at risk for heart attack and stroke.

So, here are a couple things to consider before diving into your third cup of the day:

- It's perfectly healthy if you're having just one or two cups of coffee a day
- More than two cups of coffee can raise your heart rate and blood pressure which can be dangerous for your heart especially if you already have high blood pressure

Keep enjoying those couple cups of coffee per day but consider cutting back for your heart health if you're indulging in more than that.

