

TA-1 Impact of tea and coffee consumption on stroke and Parkinson disease: A Sri Lankan perspective

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Introduction: Tea & coffee consumption could potentially reduce the risk of Stroke & Parkinson Disease (PD) due to their antioxidant properties. However cigarette smoking is lead to oxidative stress that may alter the cellular antioxidant defense system. **Method:** Study population of 1415 individuals; Stroke:n=772; [Stroke in young patients (<45 yrs) accounted for 16% (124/772), median age of onset 38Yrs; male 12% (94/124) 37Yrs, female 4% (30/124) 38Yrs; sex ratio of 3.31: 1. Stroke with age≥46; male 56% (402/648) & female 34% (246/648) sex ratio of 1.63: 1], PD: n=143; [Male 61% (87/143), female 39%(56/143), median age of onset 57Yrs] & age matched controls: n=500. Tea, coffee & cigarette consumption were assessed by a stranded questionnaire. **Results:** Stroke with tea consumption: ≥3cups/day 63% (490), 2cups/day 23%

(177), 1cup/day 9% (70), median age of onset: 62, 59 & 56Yrs respectively. Stroke with coffee drinkers 36% (278), non-drinkers 64% (494), median age of onset: 61 & 62Yrs respectively. Stroke with smoking 27% (211), non-smoking 37% (288), median age of onset: 60 & 61Yrs respectively. PD with tea consumption: ≥ 3 cups/day 51% (73), 2cups/day 36% (51), 1cup/day 12% (17), median age of onset was 57Yrs in all categories. PD with coffee drinkers 41% (58), non-drinkers 55% (80), median age of onset: 56 & 57Yrs respectively. PD with smoking 29% (42), non-smoking 71% (101) median age of onset: 57Yrs in both categories. **Conclusion:** Results suggestive of regular consumption of Ceylon tea is associated with a decreased risk of early onset of Stroke & PD, where coffee consumption plays a protective role towards early onset of PD, study lay steppingstone on developing neuroprotective nutraceuticals based on unique regional natural products.

Keywords: stroke; PD; tea; coffee; smoking