One Day One Cup of Coffee Movement in Decreasing Atherosclerosis-Induced Cardiovascular Disease

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Abstract (300 word limit)

Statement of the Problem: Cardiovasular disease hold the title for the biggest public health burden worldwide. It accounts for 17.3 million deaths each year and continuously increasing. Atherosclerosis is the leading pathological cause among millions of cardiovascular disease happened. Preventive measure must be taken to decrease atherosclerosis induced cardiovascular disease. A study from America reveals America has halved it's cardiovascular incident in 20 years and 79% of the reduction is due to primary prevention.

Methodology & Theoretical Orientation: A literature study was utilized on understanding the effect of coffee toward atherosclerosis progression and determining the strategic intervention to promote cardiovascular health, particularly about atherosclerosis.

Findings: Coffee is infamous with it's caffeine, which cause adverse impact on cardiovascular health. But coffee also contain a lot of cardioprotective substance like phenol, vitamin B3, magnesium, kalium, and fiber. An in vivo study in periodontitis rat model reveal that coffee halt and decrease atherosclerosis progression though increase in intima media thickness and density, also reduction in stenosis, fat deposition, and endothelia disintegration. Proving that the net effect of coffee as a whole is cardioprotective. Furthermore, caffeine and diterpenes substance can be removed through filtration. Consuming one to four cups of coffee each day is safe. Coffee is the most consumed drink, second only to water. While coffee is familiar worldwide, it's strategic to promote cardiovascular health by promoting health coffee consumption. It's also important to emphasize the overall effect of coffee, especially in countries where coffee consumption is decreasing. Coffee is identical with lifestyle, so, spreading the message through media influencer will more likely to develop impact.

Conclusion & Significance: Emphasizing coffee as a lifestyle which is also an preventive measure from atherosclerosis-induced cardiovascular disease at the same time is strategic because it's already known widely, so it's likely to also be accepted widely.

Recent Publications (minimum 5)

1. Dalen JE, Alpert JS, Goldberg RJ, Weinstein RS. (2014). The Epidemic of the 20(th) Century: Coronary Heart Disease. American Journal of Medicine, 10.1016/j.amepre.2014.04.015
2. Napoli C, Lerman LO, de Nigris F, Gossl M, Luisa MB, Lrman A. (2006). Rethinking Primary Prevention of Atherosclerosis-Related Diseases. American Heart Association Journal, 114:2517-2527
3. Susilawati IDA, Suryono, Ermawati T. (2014). Protective Effect of Coffee Against Coronary Atherosclerosis in Periodontitis Rat Model. Jember: Universitas Jember
4. World Health Organization. (2016) Global Health Estimates 2015: Deaths by cause, age, sex, by country and by region, 2000–2015. Geneva: World Health Organization
5. Young F, Capewell S, Ford ES, Critchley JA. (2010). Coronary Mortality Declines in the US between 1980 and 2000 Quantifying the Contributions from Primary and Secondary Prevention. American Journal of Preventive Medicine, 10.1016/j.amepre.2010.05.009



Biography

Agung Anugerah is currently studying medicine in Faculty of Medicine, University of Jember. Interested in agromedicine and public health subject drives him to progressively learn toward particular subject. He is also interested in human rights issue especially in medical settings. He has conducted several training session at his university or in national scale with him being the trainer, therefore he is skilled in public speaking and conducting an oral presentation. He active writing scientific paper recently and passionate to learn more about scientific thinking, scientific writing, and progress in the scientific world.

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