

Green tea

No association was seen between green tea and brain tumor risk. The study suggested that coffee consumption might reduce the risk of brain tumor, including that of glioma, in the Japanese population ¹⁾.

Green tea is associated with decreased risk for cardiovascular disease and stroke. Matcha is a special kind of powdered green tea known for its use in Japanese tea ceremonies. Due to its influence on lipoprotein parameters, it has been postulated to exert antiatherogenic effects. Hunjadi et al. investigated whether it modulates the HDL function and thereby influences the atherogenic process in an animal model with a strong influence on humans' situation.

After a pretreatment phase based on a standard diet, ten female NZW rabbits were fed a high-fat diet for 20 weeks. The treatment group was additionally administered 1% matcha during the whole experiment. Long-term matcha treatment led to lowered HDL cholesterol, impaired cholesterol transport manifested by reduced in vitro cholesterol efflux capacity, reduced CETP-mediated cholesterol ester (CE) transfer between HDL and triglyceride-rich particles, and reduced macrophage-specific in vivo transfer, where we observed increased absorption of cholesterol in the liver but a decreased secretion into bile. Pulse wave velocity, assessed by nuclear magnetic resonance, was increased in matcha-treated animals, and a similar trend was observed for atherosclerotic lesion formation.

Conclusion: Long-term matcha green tea treatment of hypercholesterolemic rabbits caused impaired reverse cholesterol transport and increased vascular stiffness, and susceptibility for atherosclerotic lesion development. ²⁾

¹⁾

Ogawa T, Sawada N, Iwasaki M, Budhathoki S, Hidaka A, Yamaji T, Shimazu T, Sasazuki S, Narita Y, Tsugane S; Japan Public Health Center-Based Prospective Study Group. Coffee and green tea consumption in relation to brain tumor risk in a Japanese population. *Int J Cancer*. 2016 Dec 15;139(12):2714-2721. doi: 10.1002/ijc.30405. Epub 2016 Sep 12. PMID: 27560973.

²⁾

Hunjadi M, Sieder C, Beierfuß A, Kremser C, Moriggl B, Welte R, Kastner C, Mern DS, Ritsch A. Matcha Green Tea Powder does not Prevent Diet-Induced Arteriosclerosis in New Zealand White Rabbits Due to Impaired Reverse Cholesterol Transport. *Mol Nutr Food Res*. 2021 Aug 14:e2100371. doi: 10.1002/mnfr.202100371. Epub ahead of print. PMID: 34391214.

From:

<https://neurosurgerywiki.com/wiki/> - Neurosurgery Wiki

Permanent link:

https://neurosurgerywiki.com/wiki/doku.php?id=green_tea

Last update: 2024/06/07 02:53

