

News



THE YORKSHIRE POST

Sign in

Sponsored by

Hudgell | Medical negligence and personal injury lawyers
SOLICITORS

- 03/11/15
- 8°C to 10°C Cloudy

Close X

Yorkshire 5-day weather forecast

Tuesday
Cloudy

3 Nov



Wednesday
Cloudy

4 Nov



Thursday
Cloudy

5 Nov



Friday
Cloudy

6 Nov



Saturday
Light rain

7 Nov





Temp

High 10°C

Low 8°C

Wind

From South

Speed 16 mph



Temp

High 13°C

Low 8°C

Wind

From South east

Speed 9 mph



Temp

High 14°C

Low 12°C

Wind

From South

Speed 9 mph



Temp

High 17°C

Low 9°C

Wind

From South

Speed 16 mph



Temp

High 16°C

Low 10°C

Wind

From South

Speed 16 mph

- [Like us](#)
- [Follow us](#)
- [Place your Ad](#)
- [Subscribe](#)

[Main Topics](#)

- [Politics](#)
- [Education](#)
- [Local stories](#)
- [National](#)
- [Showbiz](#)
- [Northern News](#)
- [World](#)

Two cans of pop a day 'increases your risk of heart failure'



Drinking two or more glasses of fizzy or sweetened drinks a day is linked to an increased risk of heart failure, experts have warned.

More Stories



5 Microwave Myths You Should Know About

[Foodnetwork.co.uk](#)



Want a Focus? Peugeot's Offering Will Make You Think Again

[Auto Express](#)



New Policy in U.K. - If You Don't Have Life Insurance You Better Read This...

published

23:29 Monday 02 November 2015

DRINKING two or more glasses of fizzy or sweetened drinks a day is linked to an increased risk of heart failure, experts have warned.



Two 200ml servings - equivalent to just over a can of drink a day - could increase the risk of heart failure by 23%, a study found.

Sweetened drinks have been linked previously to changes in blood pressure as well as insulin and glucose levels.

Soft drinks have also been linked to high blood pressure, diabetes, heart disease and stroke.

Researchers writing in the journal Heart said this was the first time a link has been made with heart failure.

They asked more than 42,000 men in Sweden about their consumption of 96 food and drink items over the previous year.

People were asked: "How many soft drinks or sweetened juice drinks do you drink per day or per week?"

Fruit juice and sugary tea and coffee were not included in the definition. Researchers also did not distinguish between drinks sweetened with sugar and those that were sweetened with artificial sweeteners.

All the men, who were aged 45 to 79 when they entered the study, were tracked for an average of 12 years.

During that time, 3,604 new cases of heart failure were diagnosed, and 509 people died of their condition.

After taking into account factors that may influence the results, two servings of sweetened drinks was associated with a 23% increased risk of developing heart failure compared with drinking none at all.

A deeper analysis, excluding people diagnosed with heart failure in the first five years, showed the link still held true.

The researchers, including from the Karolinska Institute in Stockholm, warned that because it was an observational study, no conclusion could be drawn to say sweetened drinks definitely caused heart failure.

They also stressed that the study only involved older white men and may not be applicable to younger age groups, women, or certain ethnic groups.

But they said the findings could help doctors in giving out dietary advice to prevent heart failure.

They added: "Our study findings suggest that sweetened beverage consumption could contribute to heart failure development.

"These findings could have implications for heart failure prevention strategies."

LifeCoverForLess Insurance Quotes



The Stone Roses confirm show dates

Promoted Links by Taboola

from the Yorkshire Post



Rob Parsons
@RobParsonsYP

Hunt on for quartet who abused train passenger for being ginger before attacking him and his wife #YPlive

yorkshirepost.co.uk/news/main-topi...
19m

Highways England
@HighwaysYORKS

#M62 (E) .. accident within J25 .. delays building from J24 #WestYorkshire . #TrafficOfficers are now on scene to assist. lanes are open
22m



Rob Parsons
@RobParsonsYP

Chief constables give evidence to MPs today about police funding reforms. Here's my story from yesterday. #YPlive

yorkshirepost.co.uk/news/main-topi...
1h



greg.wright
@gregwrightYP

Standard Chartered to cut 15,000 jobs worldwide.. #yplive

yorkshirepost.co.uk/business/busin...
1h



greg.wright
@gregwrightYP

Candy Crush maker set to be acquired in £3.82bn deal.. #yplive

yorkshirepost.co.uk/business/busin...
2h

More Live Updates

Trending

In an accompanying editorial, Spanish professors Miguel Martinez-Gonzalez and Miguel Ruiz-Canela, said people who drink a lot of sweetened drinks often have a poor diet overall, which is more of a determinant of ill health than any one component.

But they added: "The well-known association of sweetened beverages with obesity and Type 2 diabetes, which are risk factors for heart failure, reinforces the biological plausibility of (the) findings.

"Based on their results, the best message for a preventive strategy would be to recommend an occasional consumption of sweetened beverages or to avoid them altogether."

Francesco Cappuccio, professor of cardiovascular medicine at the University of Warwick, said there were limitations to the study.

He said that high sugary drinks can contribute to heart failure by increasing weight gain and diabetes.

He added: "But an alternative explanation (not discussed in the paper) is that high salt intake (salt intake is higher in low socio-economic groups) increases thirst, hence increased drinking including sweetened drinks.

"The increase in heart failure could therefore be a consequence of higher salt intake, higher blood pressure and higher heart failure risk."

Dr Gavin Sandercock, a reader in clinical physiology at the University of Essex, said: "The results of this study are very interesting because they show there is no difference in the effects of drinks which do or do not contain any sugar (sweetened vs artificially sweetened) on the risk of men developing heart failure.

"The 23% higher risk of developing heart failure is clearly not, therefore, anything to do with sugar per se. The authors quite rightly suggest that drinking more sweetened beverages is simply an indicator of a poor diet overall.

"The adults who drank two sweetened drinks a day also drank the most coffee, ate the most processed meat, ate the least vegetables and they had more family history of heart disease.

"Trying to decide if sweetened drinks are the single cause of heart failure is impossible when diet and heart failure are both such complicated issues."

Promoted Stories

Promoted Links by Taboola



14 Surprise Cakes That Should Be Illegal

Foodnetwork.co.uk



Worst Exercise For Middle Age -- Ages You Faster

MAX Workouts Fitness Guide



4 Reasons Singapore is Asia's Next Film Powerhouse

Singapore Tourism Board



1	Boutique chain planning to open new hotel
2	Leeds Rhinos aim to bring Sam Burgess 'home'
3	Outcry as fresh report shows children still being placed at risk in Rotherham
4	Sheffield Wednesday: 'Something special is building'
5	October 31: BMA has no grounds for complaint over junior doctors

Live

1 Business Live

More from News



Outcry as fresh report shows children still being placed at risk in...

General news



Don't stab me, I'm a grandma pleads Sheffield Uber driver...

General news



Chancellor tells Germany 'ever closer union is not right for us'

Politics



UPDATED: Road closed after two injured in Wakefield crash

News



The shaming of Thomas Cook: How it put money before family of two...

General news



Guides, Reviews, Listings, Offers

New Star Trek TV series announced for