

## THE EFFECT OF COFFEE ON BLOOD PRESSURE IN HYPERTENSIVE PERSONS: A SYSTEMATIC REVIEW

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**Introduction:** Hypertension is one of the major risk factors for cardiovascular disease. Coffee consumption has been associated with hypertension leading health professionals advise against him, it being one of the most consumed beverages in the world.

**Objectives:** To evaluate the effect of coffee consumption in systolic and diastolic blood pressure in people over 18 years with hypertension. **Methods:** A systematic review following the principles proposed by the Cochrane Handbook was performed by a systematic search in CINAHL, MedicLatina, Cochrane Central Register of Controlled Trials, Cochrane Database of Systematic Reviews, Nursing & Allied Health Collection; Scielo; Elsevier; Pubmed; Google Scholar from January 2008 to May 2016. The inclusion criteria were: adults with 18 or more years with hypertension. Exclusion criteria: child, pregnant women, diabetes, endocrine or metabolic disorders, cardiovascular disease, liver dysfunction, nephropathy, other serious disease, or caffeine/coffee hypersensitivity. **Results:** 5865 studies were identified, after applying the selection criteria and duplicates removal we stayed with 5 studies. For the critical appraisal we used the scale from the Centre for Evidence Based Medicine of FML and JBI Critical Appraisal Checklist for Cohort and Case-control studies. Preliminary results shows contradictory aspects because studies suggests that coffee consumption increases the risk of cardiovascular diseases in hypertension and by other hand hydroxyhydroquinone-reduced coffee decreased blood pressure in subjects with mild hypertension. **Conclusions:** We found a shortness of quality studies available on this subject and the methodological limitations and differences in interventions make it difficult to compare study results. **Keywords:** Coffee, caffeine, hypertension, blood pressure.