Coffee addicts- blame your genes

Time magazine reported new findings of a recent coffee/caffeine study. Researchers in Italy conducted a study on over 1,200 people from various villages and compared their reported coffee drinking habits and genetic testing to those of 1,731 people in the Netherlands. What they found was that people who had an increased expression of the PDSS2 gene drank less coffee. This is due in theory to the increased levels of PDSS2 gene leading to slower caffeine metabolism, thus they drink less coffee. Their slow caffeine metabolic rate means that they need to drink it less frequently to experience the same effects of feeling awake and less tired.

This isn't the first study on genes and their affect on coffee consumption and I'm sure it won't be the last. Other studies conducted have linked coffee to a number of health benefits such as healthier arteries and a reduced risk of type 2 diabetes. Knowing how a person metabolizes the caffeine found in coffee is beneficial because it can also give researchers clues on how certain medications will be metabolized as well. This can be extremely helpful to doctors when prescribing medicines to different people with different metabolic rates. Even though some may think that how often one drinks coffee is insignificant it has actually been proven to be quite useful. I think it is crazy how something seemingly so small can have such a big impact on our lives and tell us so much about who we are on a genetic scale. Maybe in the future we will be able to make even more connections using similar studies and reveal deeper truths related to our food habits and why we choose to eat and drink the things we do. It is important to continue this type of research so we can better understand our genes and what they truly impact us on a day to day basis. Most people probably think that genes only affect us once at the time of development (like our eye color, hair color, or height), but they are so much more and infiltrate our daily lives without us even knowing!