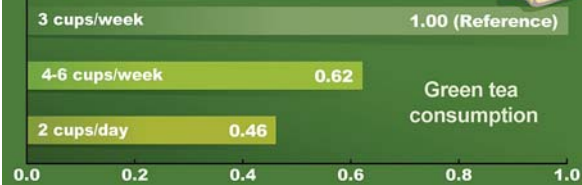


(Green) Tea Time

If you aren't already espousing the benefits of green tea to your patients, there's no better time to start: According to a recent study, higher consumption of green tea was associated with a lower prevalence of cognitive impairment, as reflected by multivariate-adjusted odds ratios.



Cognitive impairment (odds ratio)



SOURCE: Shinichi Kuriyama, Atsushi Hozawa, Kaori Ohmori, et al. Green tea consumption and cognitive function: a cross-sectional study from the Tsurugaya Project. *American Journal of Clinical Nutrition*, February 2006; 83(2):355-361.