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**Original article:**

**Coffee­-induced hypertension in a Nigerian medical worker: an unusual case**

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**Abstract**

Hypertension is a very common ailment world-wide, especially amongst blacks. Only 1-5% of sufferers are secondary to a known aetiology. Constituents of everyday beverages are rarely considered to be responsible. A case of 45-year old negroid medical personnel who developed hypertension after some months of consumption of coffee, and achieved cure when coffee was withdrawn, is discussed. We suggest that other hypertensives may benefit from adjustments in diet.

**Keywords:** Coffee, caffeine, hypertension