

WHAT HEALTH BENEFITS?



The media and the alcohol industry love to report 'news' about the potential health benefits of drinking alcohol. Alcohol use is portrayed as a health strategy, particularly for the cardiovascular system, but what does the research really say?

Recent high quality reviews have reported results that challenge the idea that some alcohol can be good for cardiovascular health.



Some reviewers report there is no significant cardio-protective effect.



Other reviewers report the potential cardio-protective effects have been overstated.



No reviews report cardiovascular benefits for people under 40 years of age.



Further, the potential cardiovascular benefits can be readily obtained through activity and diet modification.

Importantly, by focusing on cardiovascular health, we ignore the other very negative health effects of alcohol.



Alcohol is a Class 1 Carcinogen. That means that it directly causes cancer in the human body. Other Class 1 Carcinogens include **tobacco** and **asbestos**.

We also know alcohol



raises blood pressure



reduces cognition



causes injuries



damages the liver & kidneys

The simple message is, every bit of alcohol consumed, even a little bit, is harmful to the human body.

