

Health Minute™

A toast to heart health...

Drinking alcohol in low amounts seems to provide some protection against heart disease in people from middle age onwards. Scientific evidence suggests that one drink per day for women and one to two drinks per day for men (especially with meals) can prevent heart attack and stroke due to ischemia (low blood flow to tissues). The protective effect appears to be due to the alcohol itself rather than any specific drink. Red wine does have flavonoids which may have an added benefit. All experts agree that if you don't drink, you needn't start and that more is definitely not better. Heavy drinking significantly increases your risk of stroke and heart attack.



Healthy Alcohol	Too much alcohol
<p>One drink equals 12 oz beer, 8 oz wine, 1½ oz liquor 1-2 drinks/day most days of week If you don't drink, don't start. Eat well, exercise, and stop smoking. Be aware of interactions with alcohol and prescriptions. More is not better</p>	<p>Increased risk of cancer Alcoholic cirrhosis of the liver Chronic pancreatitis High blood pressure, stroke, or heart attack Injuries due to impaired motor skills High triglycerides</p>