

# Heart and cardiovascular

## Moderate alcohol consumption can benefit the heart and cardiovascular system

For some people, particularly middle-aged and older men and post-menopausal women, moderate alcohol consumption provides some protection against heart attack, coronary vascular disease, ischaemic stroke and death from cardiovascular causes.

For some people, moderate alcohol consumption provides some protection against heart attack

Medical research has reported that moderate alcohol consumption may benefit the heart and blood vessels, in part, because it elevates high-density lipoproteins (also known as 'HDL' or 'good cholesterol') in the blood and has other positive effects on the blood and blood vessels.

Robust scientific evidence on the beneficial effects of moderate alcohol consumption on cardiovascular health has accumulated over the past 30 years and has been repeated in studies conducted in at least 25 countries. These studies report that, for some individuals, moderate drinking may be a protective factor against coronary heart disease. The evidence also suggests that the strongest association is seen where drinking is moderate and regular, whether daily or on most days of the week.

Prolonged heavy drinking, however, has been associated with haemorrhagic stroke, congestive heart failure and atrial fibrillation.



### take action

Everyone's health circumstances are different. If you want to find out more about the risks and benefits of moderate alcohol consumption and how they affect you, you should talk to your doctor or another healthcare professional.

You shouldn't drink alcohol for its health benefits – for good health, you should look to diet, exercise and other lifestyle factors.

### talkingalcohol.com

is a site dedicated to helping people make informed choices about alcohol

### other websites

These sites contain further information that you may find useful. However, SABMiller is not responsible for the content of these sites.

- Australian Government, Alcohol and Heart Disease  
[www.therightmix.gov.au/resources/documents/P01994C\\_Alcohol\\_-\\_Heart\\_Disease.pdf](http://www.therightmix.gov.au/resources/documents/P01994C_Alcohol_-_Heart_Disease.pdf)
- British Heart Foundation, Alcohol  
[www.bhf.org.uk/heart-health/prevention/healthy-eating/alcohol.aspx](http://www.bhf.org.uk/heart-health/prevention/healthy-eating/alcohol.aspx)
- Drinking & You, Alcohol and the Heart  
[www.drinkingandyou.com/site/uk/health/heart.htm](http://www.drinkingandyou.com/site/uk/health/heart.htm)

- Harvard School of Public Health, Alcohol, The Bottom Line  
[www.hsph.harvard.edu/nutritionsource/what-should-you-eat/alcohol/](http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/alcohol/)
- NIAAA (US), Alcohol Alert, Alcohol and Coronary Heart Disease  
[www.pubs.niaaa.nih.gov/publications/aa45.htm](http://www.pubs.niaaa.nih.gov/publications/aa45.htm)
- World Health Organization Global Status Report on Alcohol (2010)  
[www.who.int/substance\\_abuse/publications/global\\_alcohol\\_report/en/index.html](http://www.who.int/substance_abuse/publications/global_alcohol_report/en/index.html)

