Alcohol and Heart Disease in Women

5th Annual Women's Cardiac Health Conference

5 February 2010

What Constitutes a Drink?

	Serving Size	Grams	Calories
Beer	12 oz	12.8	146
Wine	4-6 oz	13.8	103
Spirits	1-1.5 oz	14.0	97
Light Beer	12 oz	11.3	99

One ounce of alcohol is ~23.6 gm of alcohol

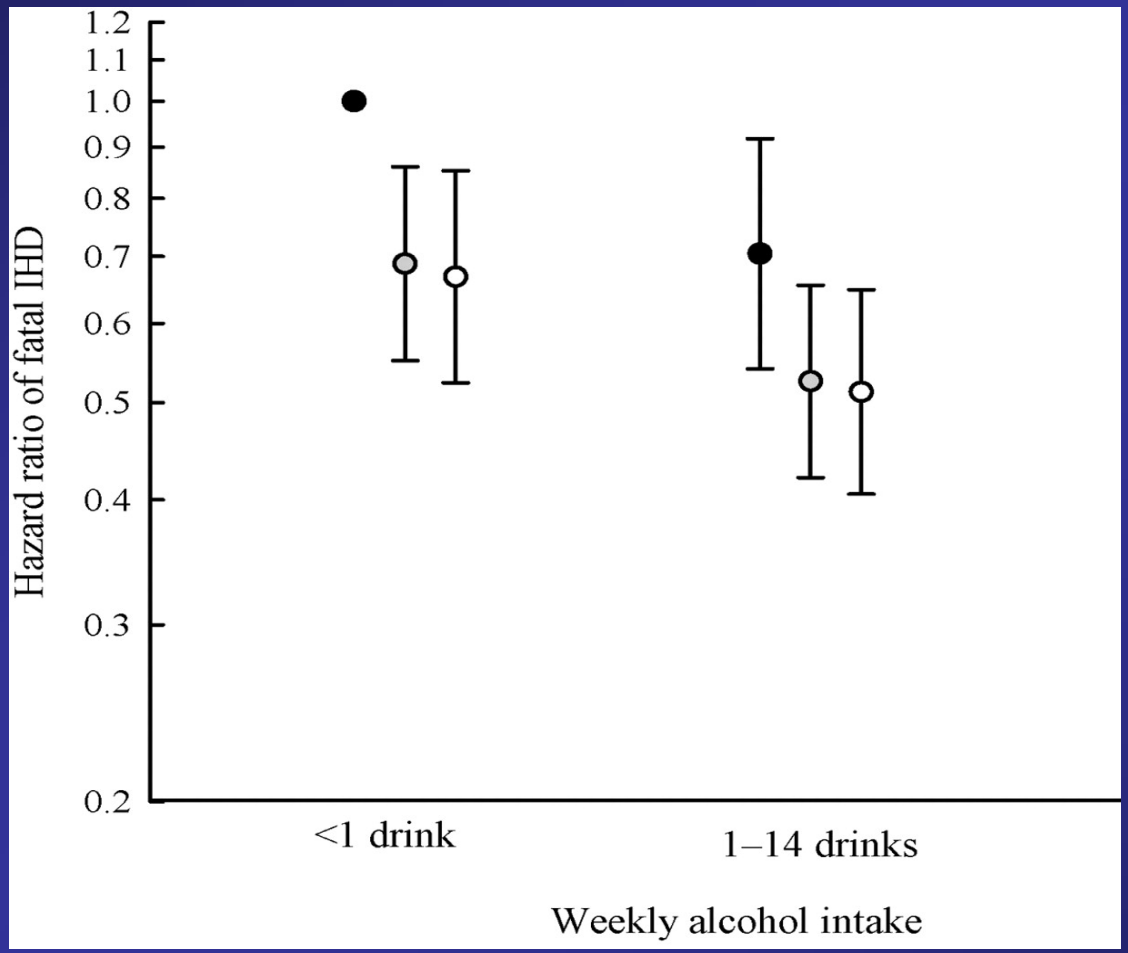
“The Therapeutic Value of Alcohol”

“My personal experience…has indicated alcohol was not only not a cause of arteriosclerosis, but, so far as one could judge, was in many cases a preventative.”

Timothy Leary, NEJM 1931

Alcohol, Physical Activity, and CHD

Copenhagen City Heart Study



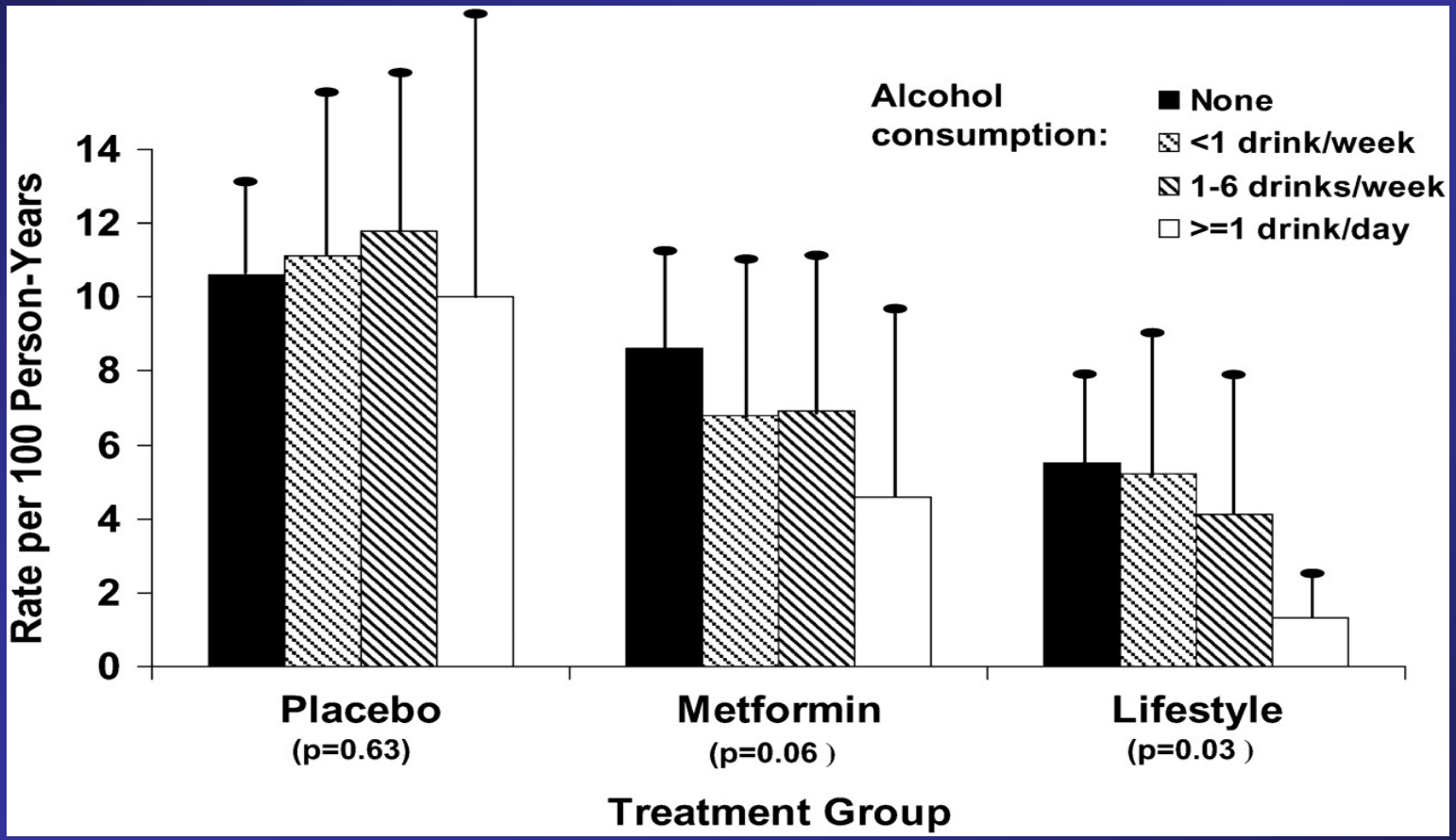
Level of physical activity:
- Inactive
- Low
- Moderate to high

Pedersen, et al. Eur Heart J 2008

Rimm et al., BMJ 1996

Alcohol and Diabetes Risk in IFG:

The Diabetes Prevention Program



Crandall et al, AJCN 2009