

In Vino Veritas: Are You MADD?

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Alcohol and Heart Disease

Questions

- **Epidemiology of alcohol drinking and mortality**
- **Insights into possible mechanisms**
(Who cares?)
- **Flip side of the coin**

In Bottle Sizes...Bigger is Better

HALF-BOTTLE- 375 ml.

BOTTLE- Standard sized bottle. 750 ml.

MAGNUM- 1.5 L.

JEROBOAM (DOUBLE MAGNUM)- 4 bottles. 3 L

REHOBOAM- 6 standard bottles.

METHUSALEM (IMPERIAL)- 8 bottles. 6 L

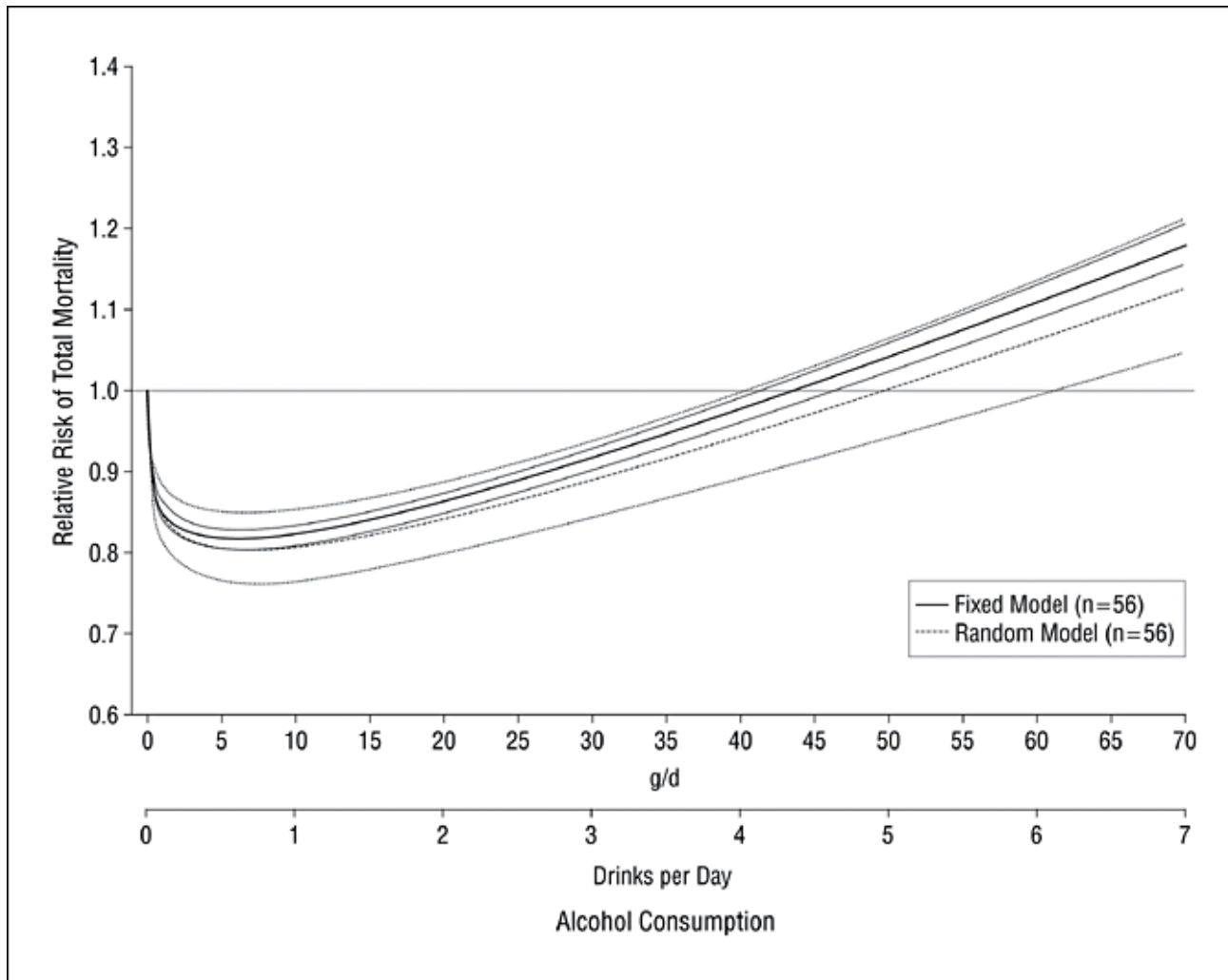
SALMANAZER- 12 bottles 9 L.

BALTHAZAR- 16 bottles. 12 L.

NEBUCHADNEZZAR- 16 to 20 bottles. 12 to 16 L

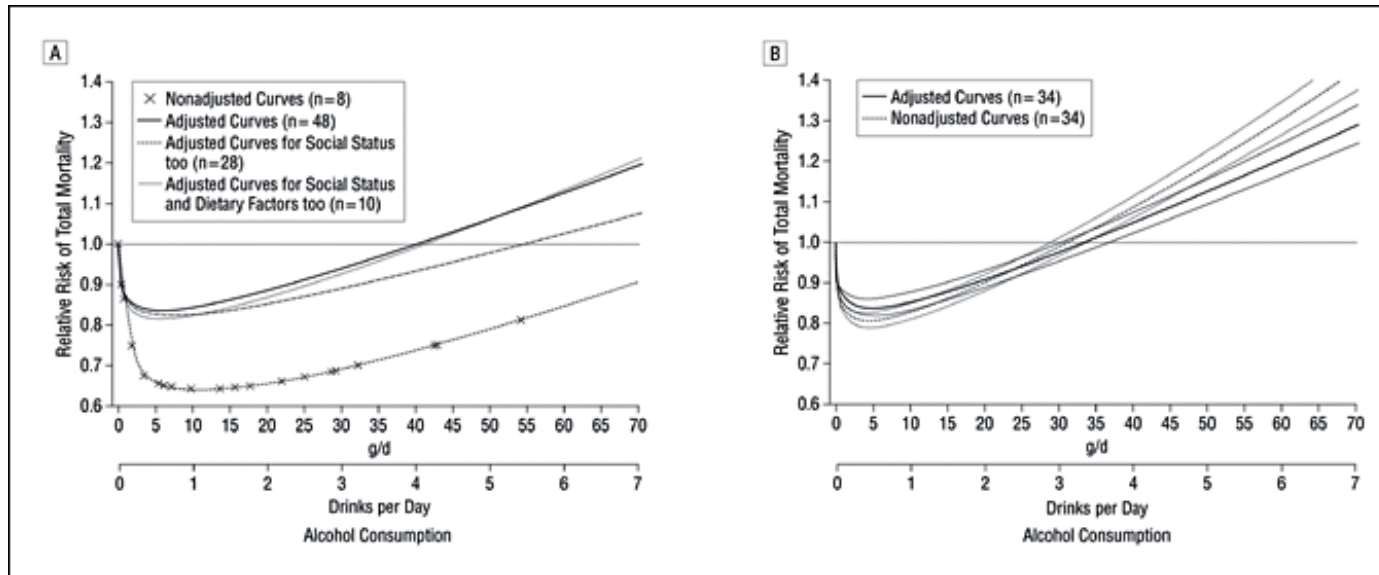
SOVERIGN- 67 bottles or 50 L.

Relative risk of total mortality (95% confidence interval) and alcohol intake extracted from 56 curves using fixed- and random-effects models



Di Castelnuovo, A. et al. Arch Intern Med 2006;166:2437-2445.

Relative risk of total mortality and alcohol intake curves



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Physiological Effects of Resveratrol

- ❖ **Life extension**
- ❖ **Cancer Prevention**
- ❖ **Athletic performance**
- ❖ **Antiviral effects**
- ❖ **Neuroprotective**

Resveratrol

Resveratrol is found in the skin of red grapes and is a constituent of red wine but, based on extrapolation from animal trials, apparently not in sufficient amounts to have a physiologically significant role in man.

The Flip Side of the Coin

FACTS:

- **Alcohol-related morbidity**
- **Alcohol-related mortality**
 - **Road-traffic accidents**
 - **Hepatic cirrhosis**
 - **Cancer**

The Flip Side of the Coin

FACTS:

- **Alcohol-related mortality**
 - **2006:17,602 people died in alcohol-related crashes (1/30 min), representing 41% of of total traffic fatalities.**