

1. Do you know?

Each gm of alcohol adds 7 calories of energy.

2. Wine Vs other drinks

Only red wine shows beneficial effect, other drinks like Beer, Vodka, Rum and Whisky does not give any benefit.

3. Why beneficial effect is seen only with red wine?

White wine has no benefit over red wine because the grape skins that contain polyphenols are missing



Polyphenol found in red wine is "RESVERATROL"

Resveratrol

- ✧ decreases arterial damage
- ✧ decreases angiotensin II activity
- ✧ increases nitric oxide
- ✧ decreases platelet aggregation
- ✧ decreases LDL oxidation
- ✧ decreases atheroma formation
- ✧ increases HDL cholesterol (good cholesterol)

4. What about hypertensive patients?

- ✧ Red wine reduces BP in early phase within hours opposite effect in long term
- ✧ Other spirits elevates BP by 2-3mmHg
- ✧ In hypertensive patients elevation is more significant

5. How much to drink ?

- ✧ Binge – drinkers (> 3 drinks per hour of any variety of alcohol) have increased mortality due to myocardial infarction (Heart attack)
- ✧ Binge drinking – counters the J-shaped beneficial curve of red wine
- ✧ No raise of BP if red wine taken along with meals

6. What is French paradox?

- ✧ French men habitually drink red wine with their meals
- ✧ They have lower mortality despite taking fatty meals
- ✧ Those from white wine drinking area of France, have higher

mortality (>50%)
than those consuming red wine despite same type of fatty meals
in their diet

7. Which is better? French or German red wine?

French red wine is better than German in the induction of human endothelial nitric oxide synthase (eNOS) according to some study

8. Who should not take alcohol?

- ❖ Those with Gout should not take wine as it increases uric acid
- ❖ Those with alcoholic cardiomyopathy should not take alcohol
- ❖ Those with hypertension should limit alcohol intake.