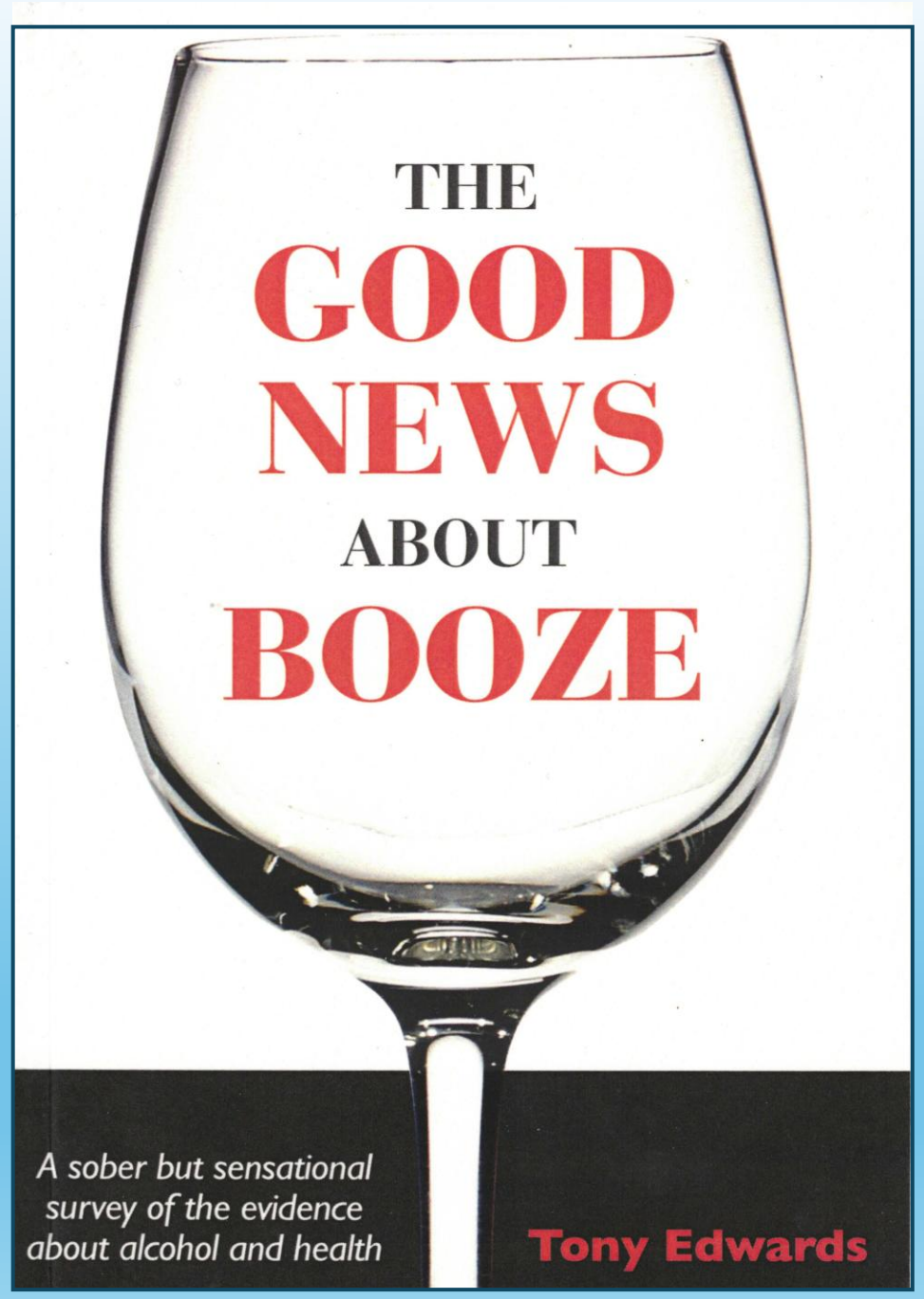
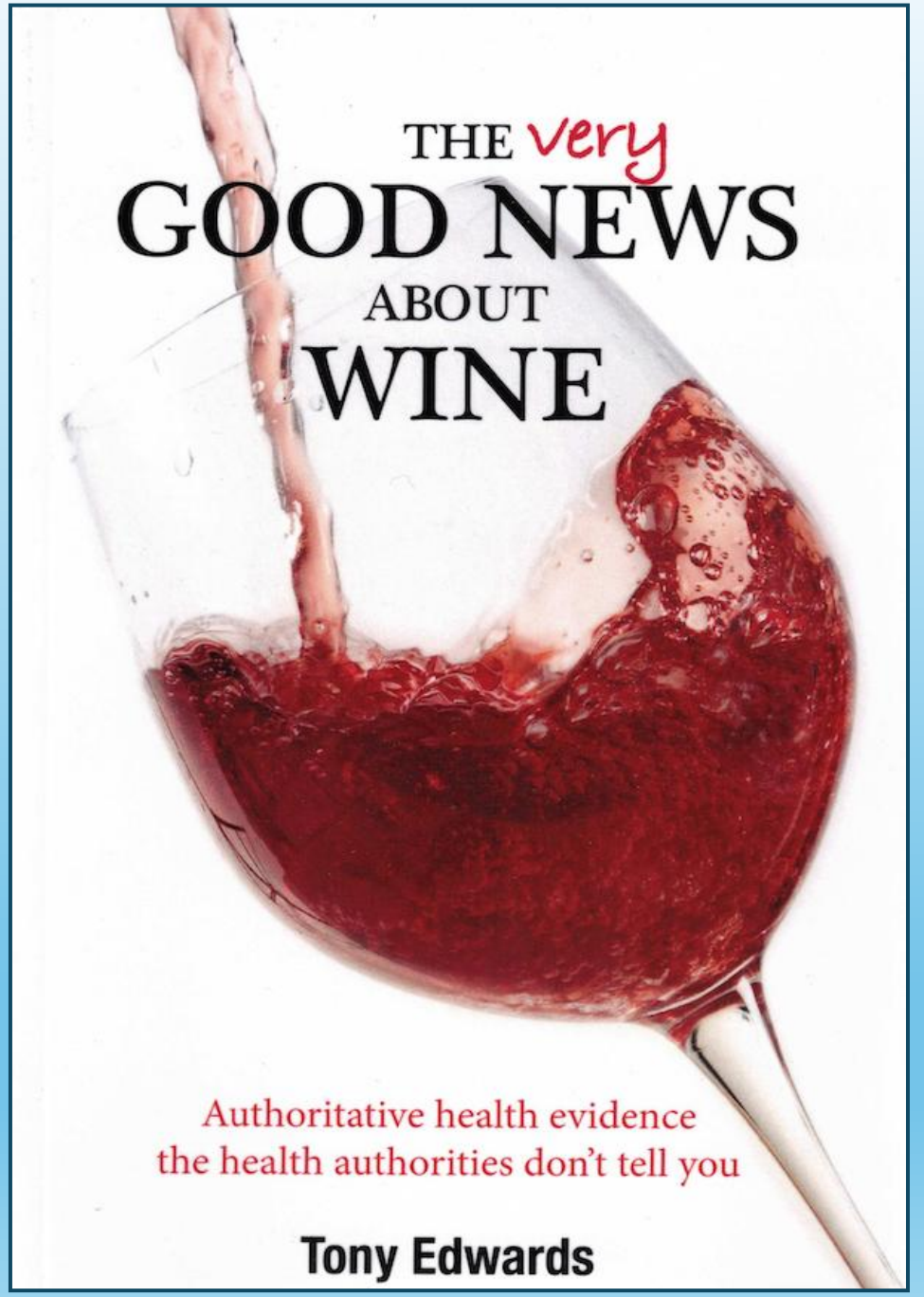
AS EVIDêNCIAS SOBRE VINHO e SAúDE

largamente muito boas notícias !

Tony Edwards
Jornalista especializado em pesquisa médica


THE
GOOD
NEWS
ABOUT
BOOZE
A sober but sensational survey of the evidence about alcohol and health
Tony Edwards


THE very
GOOD NEWS
ABOUT
WINE
Authoritative health evidence the health authorities don't tell you
Tony Edwards

British Temperance “charities” = Activists

Dry January

Sober Spring

Alcohol-free 40 [quaresma]

Sober September

Sober October

Government guidelines

Lower “safe drinking” limits

International Average: 18 mls wine/day

Holland: 7.5 mls

Canada: 3.75 mls

‘PROHIBITIONIST’ OMS

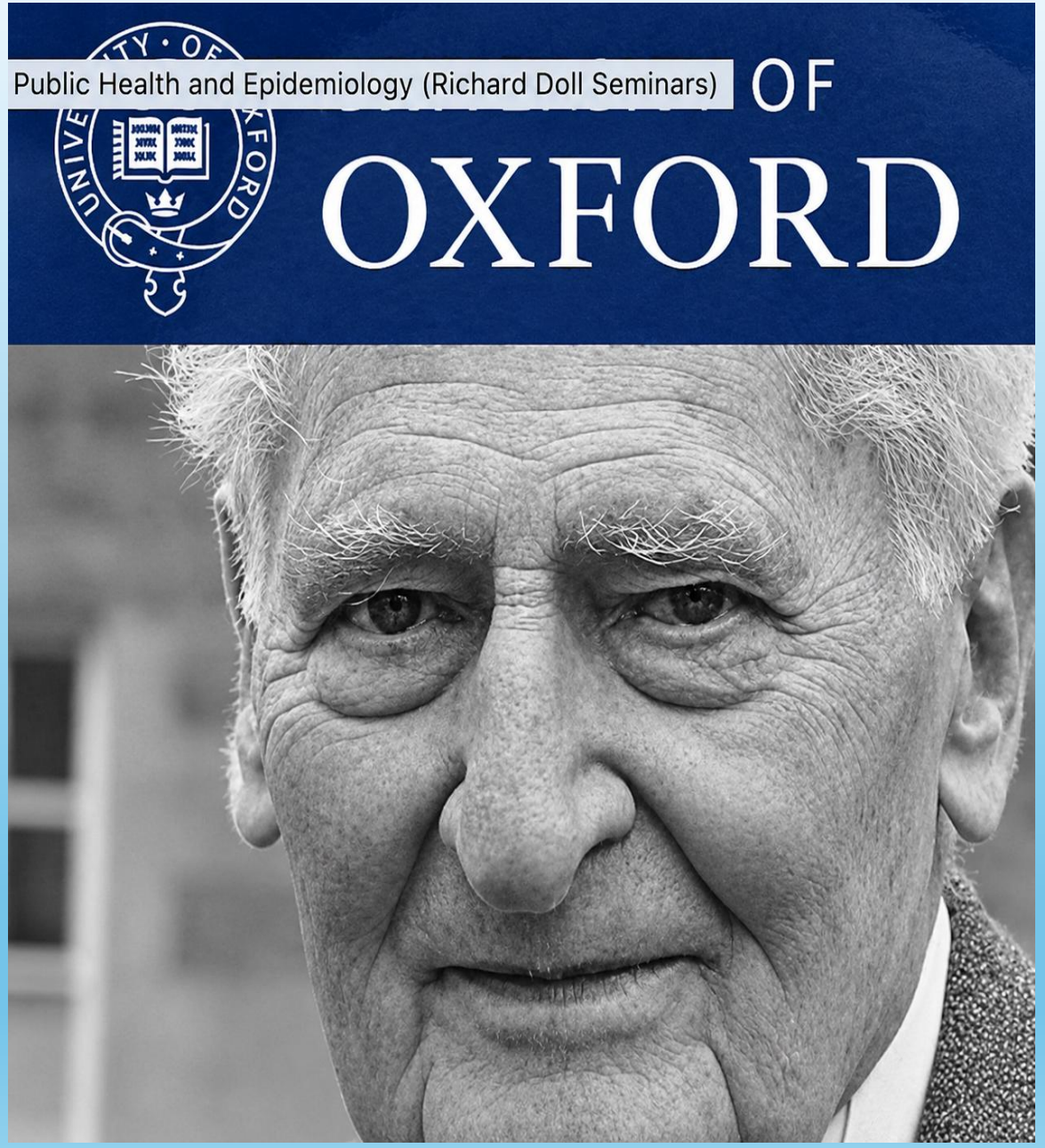
“THERE IS NO SAFE LEVEL OF ALCOHOL INTAKE”



Class 1 carcinogen

= tobacco
= asbestos





Prof. Richard Doll

35,000 doctors

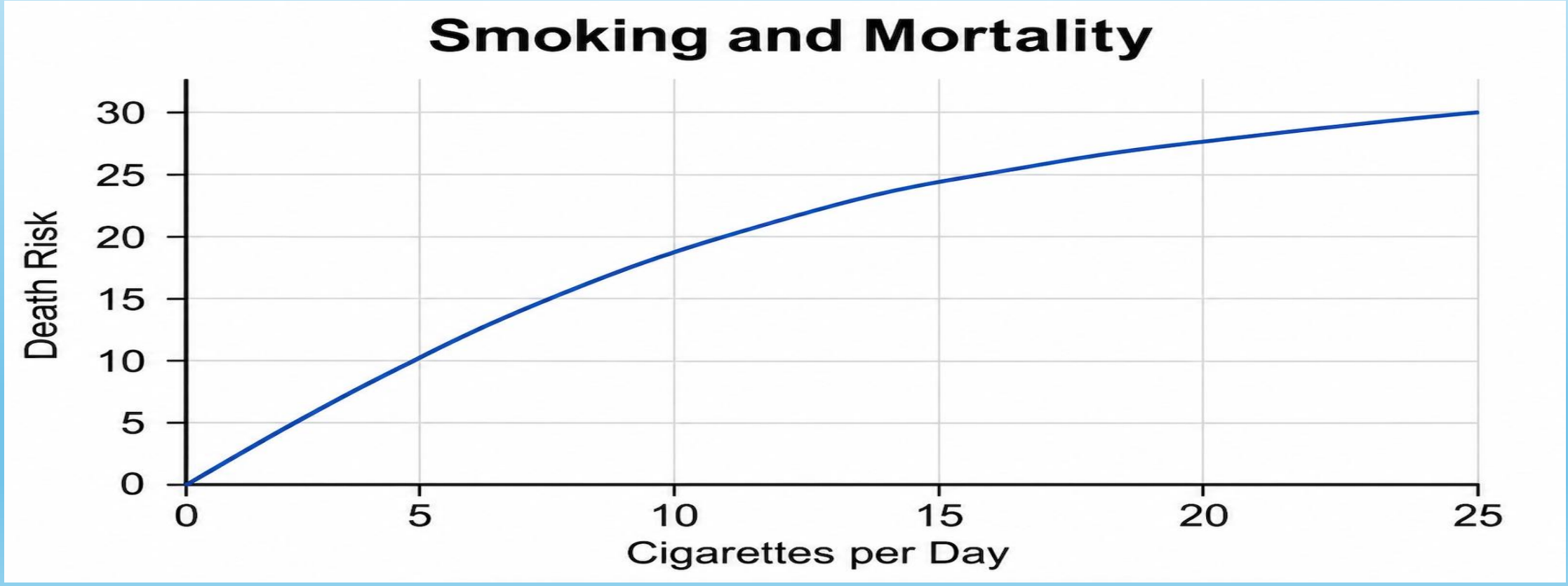
Lifestyle and health

1. *Tobacco*

2. *Alcohol*

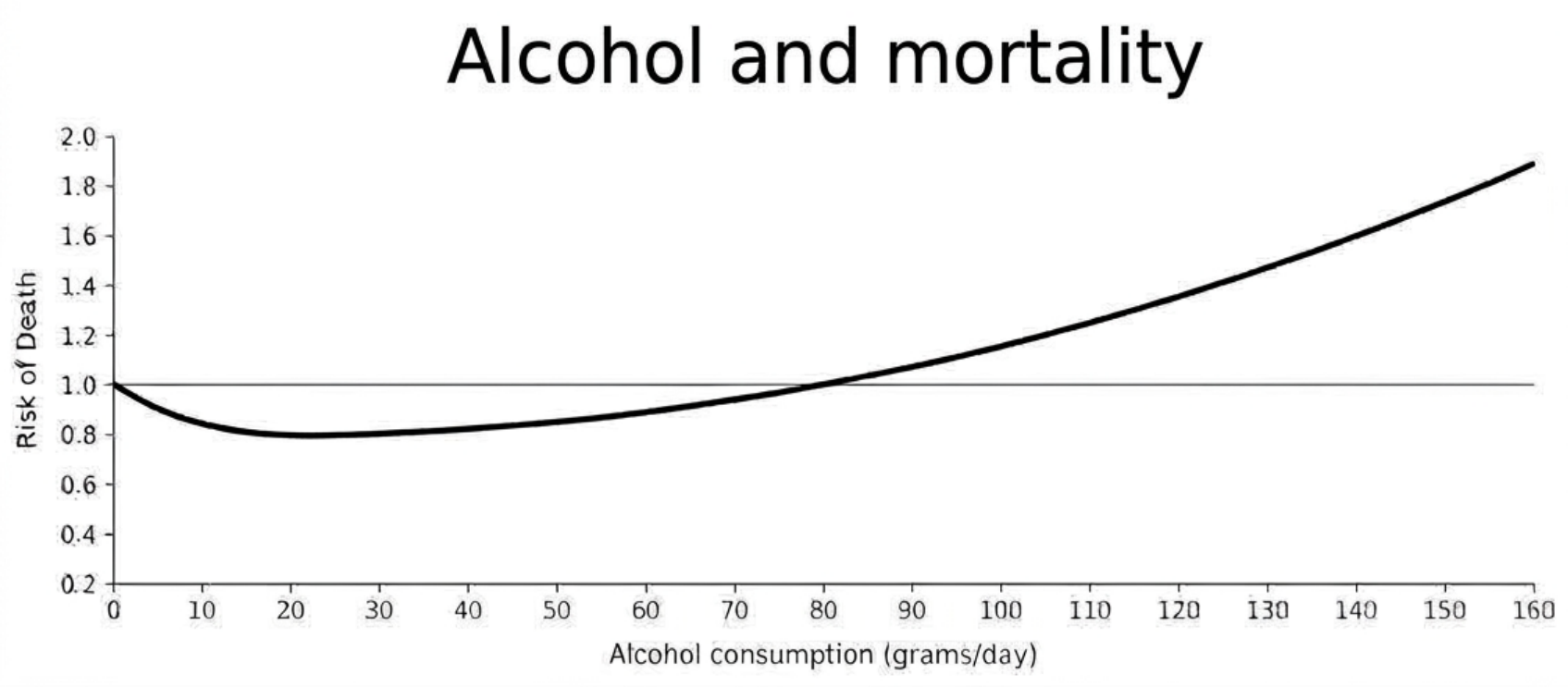
Doll tobacco study

Continuous increase in risk



Doll alcohol study

J-curve of risk



Mainly less risk of heart disease

The Sick Quitter Theory

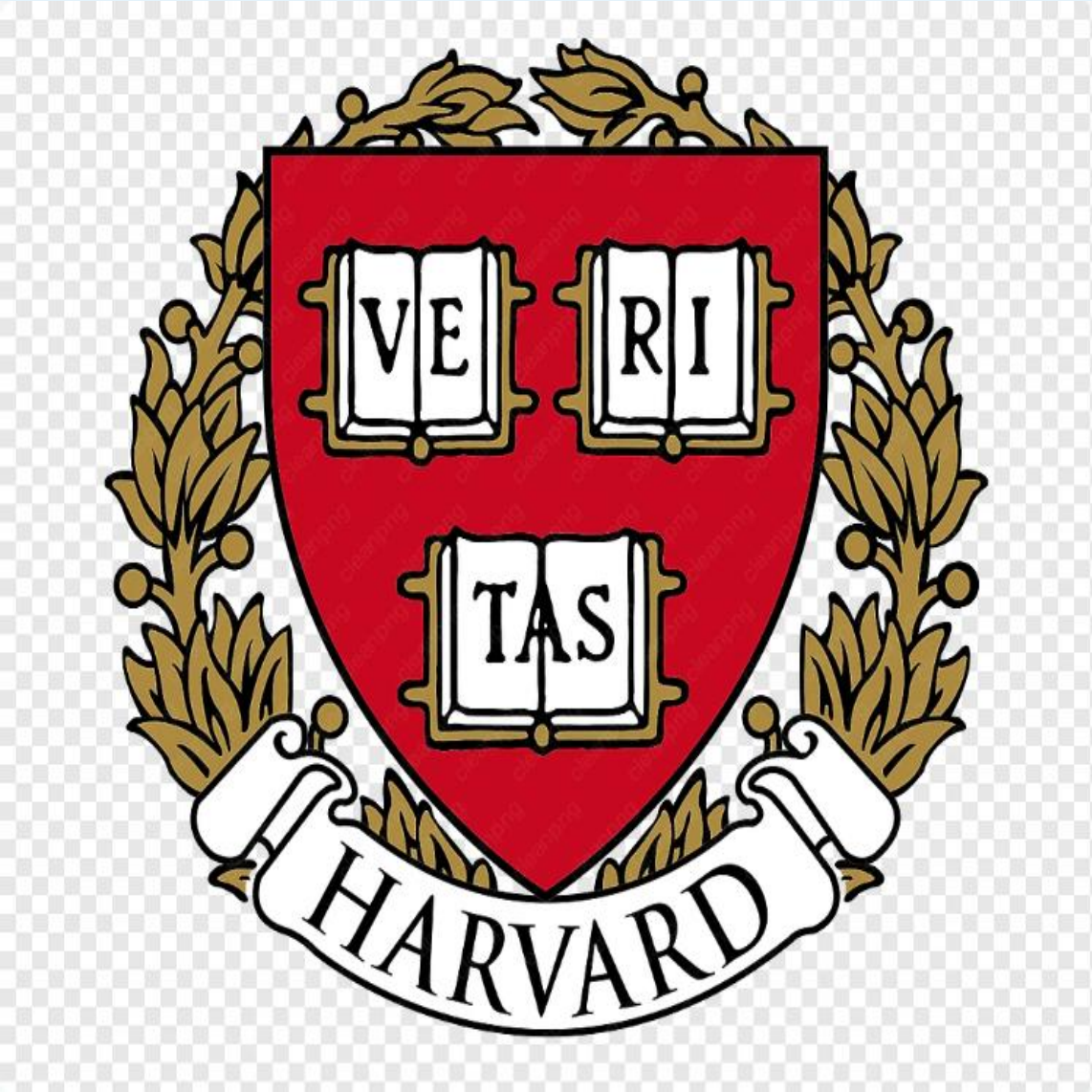
The non-drinkers in the comparison group might be:

- *unwell and so avoid alcohol*
- *former drinkers who have quit*
- *ex-alcoholics*

The Sick Quitter Theory

Researchers re-analysed their data removing sick quitters:

- J-curve slightly flatter, but still there



Harvard University

56,000 doctors

removed sick quitters

"no substantial effect"

"Our findings support the hypothesis that the inverse relation between alcohol consumption and risk of coronary disease is causal"

[Rimm E et al (1991) Prospective study of alcohol consumption and CHD. Lancet 338: 464-8]

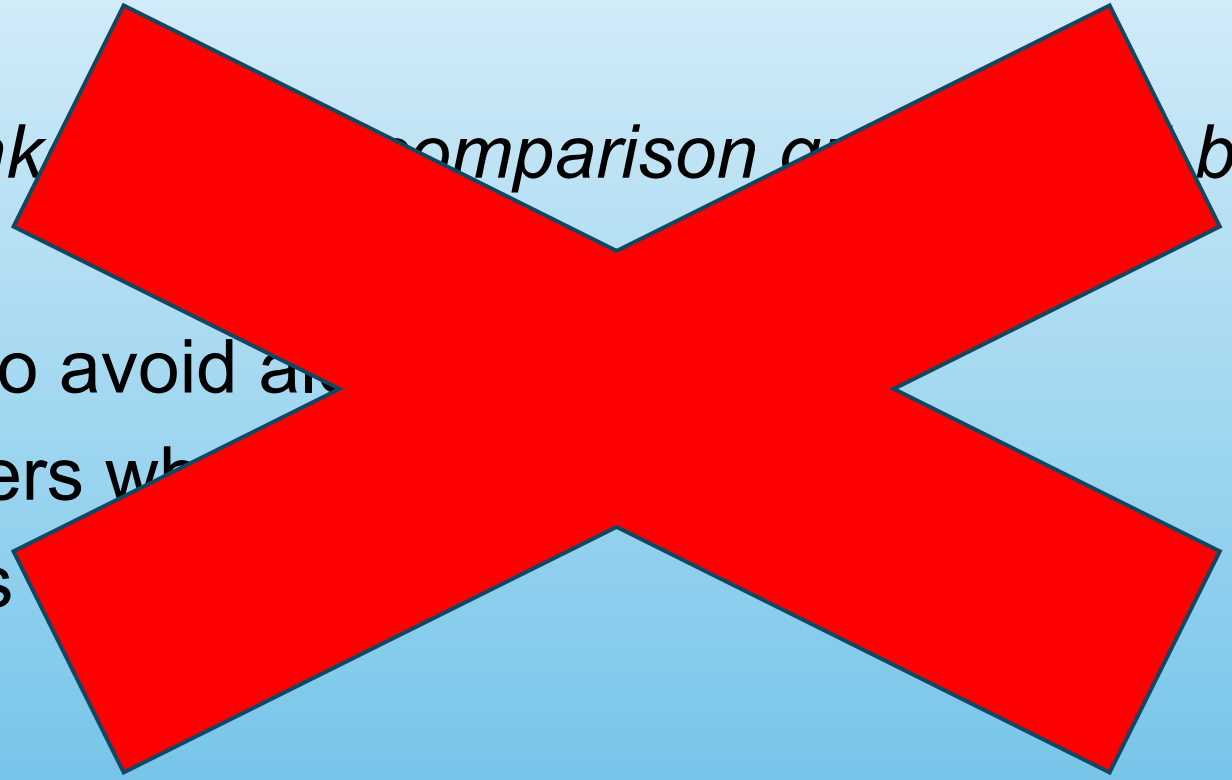
The Sick Quitter Theory

The non-drink[illegible]comparison g[illegible]be:

unwell and so avoid a[illegible]

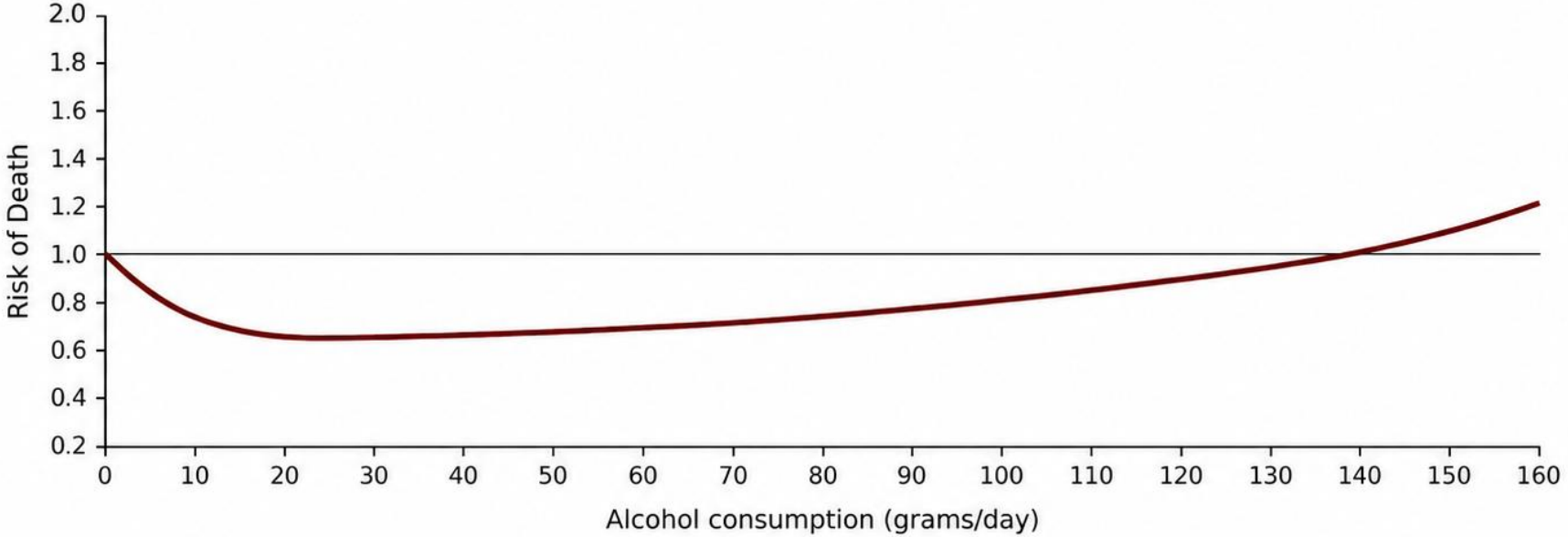
former drinkers wh[illegible]

ex-alcoholics

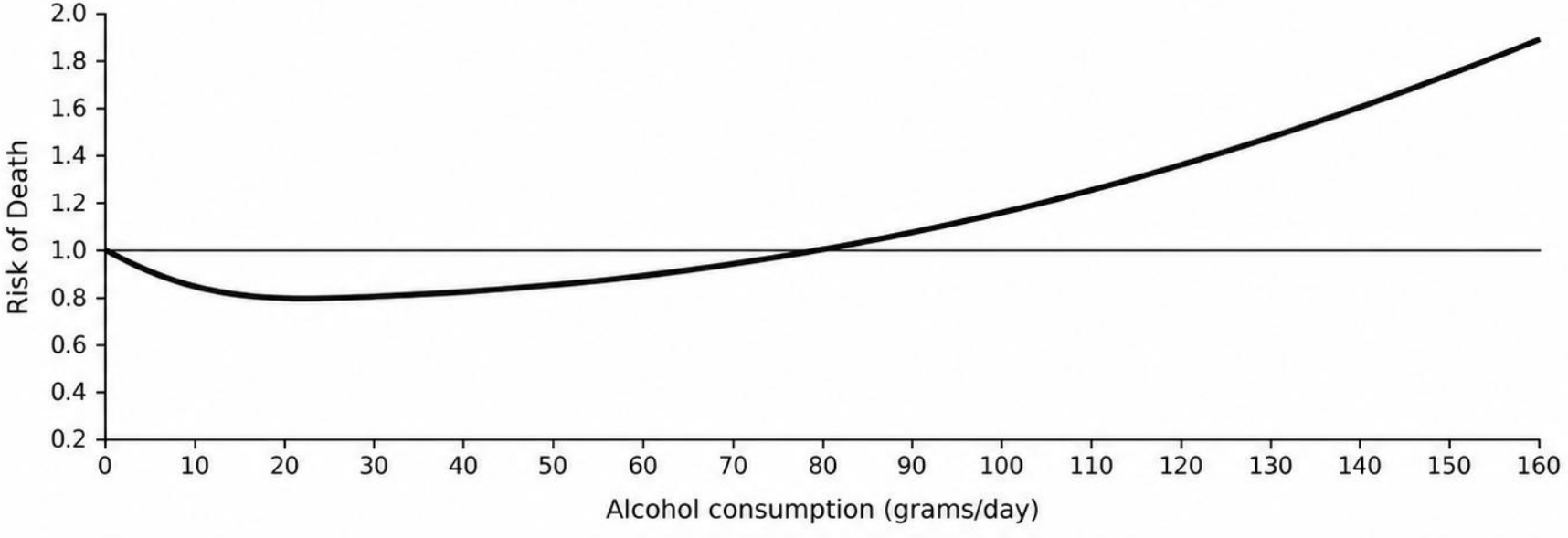




Wine and mortality



Alcohol and mortality



Wine Polyphenols

- *Vital for grape health*
- *Good for human health*
- *Red wine contains 10 x more than white*
- *Research studies mainly on red*

Wine’s Health Benefits

- *Heart Disease*
- *Diabetes*
- *Brain function [incl. dementia]*
- *Healthier old age*

)

Wine's Health Benefits

- *Multiple Sclerosis*
- *Arthritis*
- *Common Cold [gripe]*
- *Gallstones*
- *Kidney stones*
- *Prostate problems*
- *Osteoporosis*
- *Sexual function (men and women)*
- *Eye problems (macular degeneration, cataracts)*

Wine and Cancer

Increased risk at high intakes:

- *Mouth*
- *Throat*
- *Gullet (some evidence of a J-curve)*

Wine and Cancer

Low extra risk:

- *Liver and Cirrhosis (rare in Europeans)*

- *Breast (many studies find no risk)*
  (some evidence of a J-curve)

Wine and Cancer

Zero extra risk:

- *Bowel*
- *Prostate*
- *Stomach*

Wine and Cancer

Reduced risk:

- *Lung*
- *Kidney*
- *Thyroid*
- *Blood cancers - leukemia*
  - *lymphoma*
  - *Hodgkin disease*
- *Multiple Myeloma (bone marrow)*

Backlash no.2
Mendelian Randomisation

"Genetically predicted alcohol consumption"

- *People have different strengths of detoxifying enzymes*
- *More accurate way of measuring alcohol intake*



MR cannot measure the "pattern of drinking"

Backlash no.2
Mendelian Randomisation

Finds

- *no J-curve*
- *zero health benefits*
- *zero cancer risk*

“MR does not provide evidence that alcohol consumption is a cause of any cancer”

[Larsson S.C. et al. "Alcohol consumption and risk of cancer: a Mendelian randomization analysis" BMC medicine 23.1 (2025): 676]

Backlash no.2
Mendelian Randomisation

"MR has a credibility crisis"

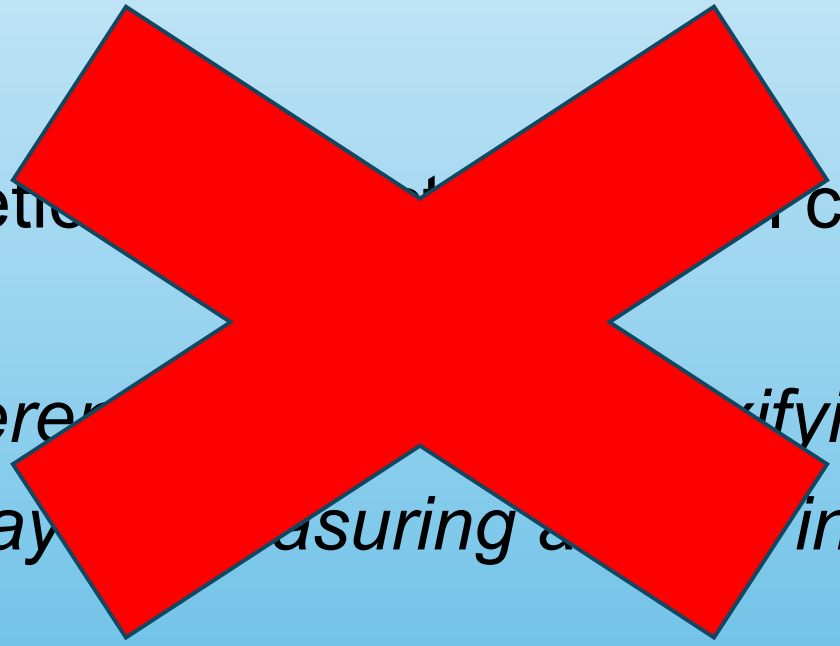
Prof. Stephen Burgess, Cambridge University

"MR cannot distinguish between abstainers, light and moderate drinkers, making it difficult to differentiate between J-shaped and linear relationships "

[Bouajila N. et al. "Alcohol consumption: a systematic review of Mendelian randomization studies." Frontiers in Epidemiology 4 (2024): 1385064]

Backlash no.2

Mendelian Randomisation



"Genetic consumption"

People have differe ifying enzymes

More accurate way asuring a intake

What does wine do inside the body ?



Tests of blood, urine, faeces etc.



Looking for “biomarkers” of health



Biological confirmations of wine's health benefits

Heart Disease

RED WINE

- increases HDL ('good' cholesterol)
- decreases LDL ('bad cholesterol)
- increases coronary flow velocity
- increases vasodilation
- decreases clotting
- decreases inflammatory markers of atherosclerosis

.

Biological confirmations of wine’s health benefits

Diabetes

RED WINE

- reduces insulin levels
- reduces glucose levels
- improves insulin sensitivity

Biological confirmations of wine’s health benefits

Cognition

RED WINE

- decreases amyloid plaque
- increases brain volume

Biological confirmations of wine's health benefits

Longevity

RED WINE

- increases the potency of longevity genes
- provides a wide variety of powerful antioxidants
- creates Hydroxytyrosol, nature's top antioxidant
- creates a healthy microbiome (gut), boosting the immune system

Um sincero obrigado pela vossa atenção

Saúde!

images courtesy of Vecteezy & ChatGTP

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