

Friend, T. (1997, February 4). Moderate Drinkers May be Doing Their Legs a Favor. USA Today, p. 1D.

OVERVIEW

This article announces a finding from the journal, *Circulation*, of this same date which found possible reduction of clogged arteries, not only in the heart, but in the peripheral vessels as well. This problem occurs mostly in older smokers.

The article also highlighted earlier studies of moderate adult drinking of alcohol.

Moderate is considered 2 drinks a day for males and 1 drink a day for females.

A drink is considered a 12-ounce beer or a 4-ounce glass of wine.

Possible positive effects:

- * Reduction of heart attacks and vascular disease.
- * Increase of good HDL cholesterol and prevention of blood clots.
- * Decrease in insulin production (high insulin related to risk of heart disease).

Possible negative effects:

- * Rise in blood pressure.
- * Impairment of immune system.
- * Liver damage.
- * Risk of breast and other cancers.
- * Impaired brain function.
- * Increase risk of accidents and violence.

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