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Welcome everybody to today's webinar on what is the deal with alcohol, all of the facts that you might have known, but I'll put it all together for you. We'll talk about both the good and the bad and look out a lot of research around alcohol and the interesting paradox that it prevents for us.

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As I said before, my name is Christy Goff. I'm a registered dietitian and with Pacific Medical Center, and I run a program called the Living Well Alliance. So in today's presentation, know that this is being recorded. You'll will get the slides at the end of today's class via email.

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If you're listening to the recording, you can email me at the end and get those slides as well. In addition, we will have a couple of polling questions, and you can always answer ask questions throughout the presentation via the chat bar or the question and answer bar.

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So give that a little test right now if you'd like and just say hello. I would love to see who's on the call today. I work for Pacific Medical Center like I said, and I also do individual nutrition counseling at the Lynwood, Northgate, Beacon Hill and Federal Way clinics, so you can ask me questions about that as

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well. So let's first go into the history of alcohol because it is intertwined with our human culture as we see it right now and can be quite interesting. We know a little bit more about kind of the recent history, but there is a group of researchers that recently studied the past few decades to show that alcohol is

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one of the most universally produced and enjoyed substances in history and in prehistory. two people were drinking alcohol even before they invented writing, so it's been around for a while, maybe not as readily as it is today, but some interesting facts that I found around it is that chemical analysis showed that the Chinese were making a kind

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of wine from rice, honey and fruit about 9000 years ago. We also know that different early Chinese emperors had bronze drinking vessels specifically for these special occasion drinks. In India, an alcoholic beverage called sera was distilled from rice, and that was used anywhere between 3020 thousand B.C..

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They also looked at modern day Georgia and the mountains of Iran, and they found that grapes were the one of the earliest fruits to be domesticated and created a sort of wine in the early as early as about 7000 years ago.

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So alcohol was used and still is in a lot of different settings, it used to be used as a medicine, as a painkiller for sterilization. It's also used a lot in spiritual and religious practices, so you might notice some from your own religious practices that wine is often a sacral offering to the gods like we use that

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in place of blood. Egyptians buried as their their remains with wine for the afterlife. We know that Judaism blesses wine before each meal or cups of wine during Passover. Especially important. There's also even religions that have goddesses of alcohol and gods and goddesses, I should say.

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So all this to be said that alcohol was a pretty special substance in our human culture and still is used a lot today in these types of celebrations. And like I said now, with easy access and some potential health concerns, we'll look today at both sides of the story.

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So some of the good, some of the bad to really give you a whole picture of where you would kind of stand on your own alcohol consumption. So let's start first with the metabolism of alcohol. Once alcohol is in your system, your body makes metabolizing or breaking it down a priority.

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That means that it will stop metabolizing anything else in your system in order to take care of that alcohol. And we do this because unlike protein and carbs and fat, those other macronutrients that provide calories, there's nowhere for alcohol to be stored in the body.

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So we kind of have to as soon as it enters, we got to get rid of it as fast as possible. Once we first engage in alcohol consumption, it will enter the stomach. And we know that up to about 20% of it can be absorbed there and then go directly into the bloodstream.

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This is why over and over again, you've probably heard in your life that eating before consuming alcohol is important because that can slow that absorption down. So it's not quite as quickly. Again, 20% is quite a bit of the alcohol that you're absorbing through the stomach.

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We we know that it's really fast within minutes. Alcohol will reach your brain and give you that alcohol like feeling. So it's a pretty fast uptake in the body and no other food or beverage in your diet is able to do this, which is interesting.

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The remaining alcohol goes into your intestines and is absorbed there with a lot of the other nutrients that you're consuming. There's a small amount of alcohol that's excreted through your sweat, saliva, urine and breath, and that's how they test your breath, your alcohol consumption with a breathalyzer.

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So there is like components coming through that way to again get it out of your body as fast as possible. So I'm going to open up the first polling question. What is the main organ that will metabolize alcohol?

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So there's a couple of options here you got heart, stomach, liver, spleen, small intestine. And again, metabolizing just a fancy word for breaking down. Give you a couple more seconds to fill that out. How close the pull out, thanks for participating in that show, you some of the results, it looks like most of you see.

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And that is the correct answer. So the liver is the primary site for alcohol metabolism metabolizing, and this is where we can have a lot of liver complications from actually consuming too much alcohol. Alcohol is detoxified and removed from the blood through a process called oxidation, and oxidation prevents the alcohol from accumulating and destroying cells in Oregon

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, specifically brain cells, right since it goes there first. A healthy liver oxidize pure alcohol at a rate of about a quarter to a third of an ounce per hour. So a quarter to a third of an ounce per hour.

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It's a two step process where, oh yeah, the two step process, which is seen on your screen, where the alcohol is broken down into a fetal aldehyde and then into acetate as fetal aldehyde is only in the body for hopefully a short amount of time.

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Because this is the more reactive component, and it's typically the one that will cause more damage to our cells. It can it's carcinogenic, so it can cause cancer and often why we feel hung over if we have any leftover residue from the acetic aldehyde from alcohol breakdown.

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The acetate is then excreted through the urine or the feces. And this one is not as reactive. So again, two step process you can see on your screen. Oh sorry, this is the metabolism of alcohol. And then this is the process where we take alcohol.

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Break it into a fetal aldehyde. Break it down even further into acetate. And then any excess can cause cell damage. Hangover make you feel not very good. And basically. What's interesting is that women tend to have less of the enzymes to break down ethanol, which is one of the main reasons why women have a higher risk for

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alcohol complications than men. Not just that, they're smaller in general or have more fatty tissue, which were two theories that they originally thought was why women can't handle alcohol as much as men. And then it will vary, too, by different race and different sizes of people.

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So there's a lot of factors going into how quickly you're actually breaking down the alcohol that you're drinking. So I thought that was really interesting to share the difference between men and women. So although the for 10,000 years or so humans have been drinking these fermented beverages or alcohol beverages, there has always been an argument about some

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of the merits and the cons of alcohol consumption. And we still find if you research this, there's a debate for both sides. So it's still very lively back and forth between or between whether alcohol is actually good for us or bad for us.

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But it's safe to say that alcohol is both a tonic and a poison after looking at a lot of different sides and the different lies mostly in the dose. As you see with a lot of medications as well.

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The more that we consume, the more harm that we could be done and a little bit might be actually beneficial. So moderate drinking seems to be good for the heart and circulatory system, and it's likely that it might protect us from certain chronic diseases like heart heart disease, type two diabetes and possibly even gallstones.

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Heavy drinking, however, is a major cause of preventable death in our country in the US alone. Alcohol IS has inflicted more than a half of all fatal traffic accidents. Heavy drinking can also damage the liver. It can damage the heart and other organs, harm an unborn baby and increase their chances of developing breast and then some other

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cancers that will go over today. So there is this true face of alcohol, and that shouldn't come as a surprise, right? You probably heard of both of these things, the active ingredient in alcoholic beverages. That ethanol affects us in many different ways, and that's what kind of won't go over today and look at exactly what it's doing

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to our body. We know that alcohol also alters our mood and concentration and coordination, so that could be a big factor in whether or not it's good for your body as an individual. So here are some. Links that we found in the research.

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Have any of you seen this graph before it's called a J Curve, and it shows the relationship between alcohol use and total mortality. So total death. They usually use this kind of to show that a small amount of alcohol is actually more beneficial than no alcohol at all.

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And the small amount of alcohol is actually better than obviously lots of alcohol, so typically over the four drinks a day. In this graph right here is showing that that starts to increase mortality exponentially. There's two lines on this graph that I want to point your attention to.

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There's this dark black line that I'm following with the cursor right now. This is men, and then the women is the dotted line. The green is what we call confidence intervals. So that's the variety that this average is showing.

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So there is a lot more variety in the women's studies than there is in the men. You can see this is a much tighter confidence interval, meaning that we're more we can predict more what alcohol's going to do to men rather than women.

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one theory is that we just don't have a lot of studies on women technique. Typically, a lot of studies are done specifically on men, and it's only until recently that we're doing more on women health and how the women body is adjusting.

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So an interesting little fact about it. So when we say that no alcohol might be actually worse than some alcohol, that does not mean that if you do not drink any alcohol now, you should start drinking. So there's a couple theories of why this happens.

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Some people just have different lifestyles, and there may be more calm or chill if they're drinking a little bit of alcohol. A lot of places in the Mediterranean countries will actually indulge in a little bit of alcohol, but then they have a really healthy diet to kind of counteract some of the negative effects of alcohol.

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So again, it's hard to determine that alcohol necessarily isn't always going to be helpful for those not drinking it. But it is said that some amount of alcohol can be beneficial and the some amount of alcohol averages out to about one half cup a day or one half drink a day.

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So it's not very much right. And then from these types of graphs, they've basically created some recommendations around alcohol consumption so that, yes, the amount of percentage in your alcohol drink does matter. So that's why there's different sizes for different strengths of alcohol.

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And I wish they would kind of come up with one for the Pacific Northwest on more beer, because typically when we talk about beer, they are focusing on the 5% alcohol beers and not the 10% or the 8% that you see a lot of times in these specialty breweries.

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So no, if it's higher than that, you might go for like a little bit less of that beer. And then if it's a really high beer, you would kind of consider it like wine. So about five to six ounces, liquor is about a shot and a half for your drink amount.

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So. Factors that affect alcohol consumption are numerous when you drink alcohol, your blood alcohol concentrate or your B C starts to rise rapidly within about ten minutes. There's enough blood after that first drink to start measuring it through a breathalyzer, so it's pretty fast getting into the body.

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But again, this can be affected by your gender. Your race. Foods that you've consumed while drinking chronic alcohol consumption typically have a higher or lower absorption of alcohol and then your own drinking pattern. Are you drinking a lot in one hour or are you spacing it out over the course of the night?

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And then lastly, medications can affect the speed of how alcohol is being entered into the body and then also metabolized. So that brings us to the second question. So when I say that the drink recommendations are about one drink per day for women and two drinks per day for men.

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A lot of people say, Well, can I not drink throughout the week and then kind of use my allotment all at once on Saturday. So can you save up your drinks for the end of the week so that by the end of the week, you can have five or six?

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Or does it not work like that? What do you think? Yes or no? Give you a couple more seconds to answer that one. Hassan, thanks for participating. I'm going to close that poll and share the results again, yeah, most of you said, no, you're right.

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Maybe I did, too. Easy questions for you guys today. So no, you can't save it up. Just like you can't save up your carb allotment if you're diabetic because your body again is only able to digest so much at a time.

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So if you flood the body with alcohol, you're going to get more of that settle aldehyde floating around. And it's going to be more toxic to the body than having the same amount of drinks, but spaced out over a longer period of time.

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Again, we can only alcohol. We can only digest alcohol so quickly, again a quarter to a third of an ounce per hour. So knowing that it's nice to really spread it out and some of the recommendations for drinking are having a glass of water in between drinks, having a pause in between drinks or just monitoring the amount

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that you're drinking all at one time. All right. Thanks for humoring me on that one. OK, so let's dove a little deeper into the benefits and the negatives of alcohol in the chat bar. I would love to hear some of the things that you've heard about the good side of alcohol consumption.

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I put some on the screen, so I gave you a little bit of hint there. But does anyone have any other things that they've heard around the benefits of drinking alcohol? You can just pop those in the Question Answer tab or the chat bar, and I'll read them aloud if you guys can't see them.

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OK, so it looks like a lot of heart things are listed on your screen, and you're right. So cardiovascular disease is that group of basically anything that could affect your heart long term. So they looked at more than 100 prospective studies, so that's looking backwards in time.

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And they showed an inverse association between light to moderate drinking and risk for heart attack, a gimmick or some kind of stroke, peripheral vascular disease, sudden cardiac death, death from all other cardiovascular causes. So an

inverse relationship meaning that's positive, right?

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A little bit of alcohol consumption can seem to support the heart function. The effects are fairly consistent with other research studies, and we know that increasing alcohol intake will inverse will actually reverse this this trend, so it will cause more high blood pressure incidents, more incidents of heart attack and stroke.

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So it's a very fine line, and it could be a individual amount for that person alone, depending on again, their genetics, their gender and sex and that sort of thing. So the connection between alcohol and heart disease has been seen over and over again.

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Again, that one to two drinks a night is what light to moderate drinking consists of. There's some theories that this amount of alcohol will actually increase your good cholesterol levels so that high density lipoprotein or HDL and this can be really supportive of heart and protecting against heart attacks and that sort of thing.

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Moderate alcohol consumption has also been linked to beneficial changes, ranging from better sensitivity to insulin, so potential of that type two diabetes reduction to improvement in factors that influence blood clotting. Even so, again, a lot of these are done on animal studies.

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We still have a decent amount of human studies to refer back to. But knowing that some of these little healthy nuggets is something to keep in mind when you're deciding about your own alcohol consumption. All right. Looks like a couple of you in the chat, bar wrote about red wine.

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So I wanted to touch on this because it's everyone's favorite topic, right? It has been suggested that certain substances in red wine, this is resveratrol has anti-cancer and antioxidant properties. So this is like part of the grape that stays in red wine.

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When it gets crushed, it's part of the skin. Actually, evidence that drinking red wine in particular can help you avoid heart disease is pretty weak. Although some research shows that people who drink moderate amounts of alcohol do have lower rates of heart disease like we just mentioned.

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So it's a lot of these subtle studies that prove the actual red wine is doing the job as opposed to a lot of studies. Look specifically at this antioxidant component that they use in a supplement form, so there's actually no alcohol associated that when they've done studies on on animals and even humans.

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So again, there is a very mild evidence that red wine is actually good for us. I put an article at the bottom of your screen if you want to read more about some of the studies around this, but know that if you are drinking red wine, we still want

to keep to that five ounces a night or

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less. Right. So it's not something that I recommend adding if you're not already doing, but if you enjoy red wine or if you enjoy wine in general, know that this is a common practice to drink with a healthy diet.

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So again, I'll point out the Mediterranean diet pattern also puts a little bit of red wine on there because it's part of their culture and because they're doing all these other healthy component. We do see a reduction in heart disease and other chronic diseases out there.

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So maybe it's good, but I wouldn't drink it, maybe eat your grapes instead, right? OK, so the health benefits are somewhat small for alcohol consumption. There is some, but it's more, I think, more focus on some of the negatives.

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It is a toxin, right? So what have you heard about some of the negatives of alcohol? You can type those in the chat bar as well. I'm curious to see what you've heard of around some of the negatives.

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And while you do that, I'll start with the first one. Alcohol is addicting. Right, so problem drinking that becomes severe is often given that medical diagnosis as alcohol use disorder or alcohol abuse. And this is a chronic relapsing brain disease characterized by compulsive alcohol use or loss of control over alcohol intake.

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It also has an association with a negative emotional state when you're not using it. So we know in the United States there's an estimated 15 million people that have alcohol abuse or some kind of alcohol disorder. It's a lot.

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This includes about 9 million men and about 5 million women. Adolescents can even be diagnosed with this disorder, and in 2018, they saw an estimated 400,000 adolescents between even twelve and 17 are categorized with alcohol abuse or alcohol use disorder, so to speak.

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So it's a lot, right? And this could probably be the most severe negative outcomes of alcohol, especially if you have a family history of someone in your family having this disorder as well. We're seeing this chronic rise of alcohol abuse as well, and I would be interested to see statistics from even the last year with the pandemic

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going on. one statistic that I looked at said between 1999 and 2017 alcohol related deaths jumped from nearly 36,000 a year people a year to almost 73,000 so 36 to 73,000 in the course of 18 years. That's that's a pretty significant boost.

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We know alcohol abuse can also lead to severe health problems, though, isn't it always the emotional components of it?



But it can lead to liver disease, which we'll talk about increased cancer risk and also preventable diseases like driving accidents or suicide.

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Even so, I put a website below with more information around alcohol abuse and alcoholism. And this is a great resource if people in your family are struggling with it as well. All right, so some of the other things that we'll talk about today are the fact that alcohol can cause some weight gain, it can increase our cancer

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risk, specifically breast cancer. It can increase fatty liver disease, pancreatitis and then interactions with medications. And it seems like some of you added to this cause. Bad decisions impact your sleep, cause addiction, weight gain and liver disease. So you guys got most of them.

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And yes, definitely impacts sleep. We don't we're not going to talk too much about that today. But no, that's definitely a huge impact on it. OK, so let's look at weight gain real quick. Alcohol contains its own amount of calories if you didn't know that it's seven grams of calories per sorry, seven cal, seven cal per gram

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of alcohol. So for comparison, carbs and protein provide us for cal per gram. So it's higher than those and fats provide us nine cal per gram. So it's in-between those protein and carb amounts and the fat amount. Therefore, about one serving of alcohol on average contains anywhere from 100 to 250 calories, depending on how what else is

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kind of mixed in with that. So even a moderate intake of alcohol can provide an extra three to 300,300 calories a day, especially if you're choosing ones with mixed drinks that add juices, tonics, sirups things that will drive the calories up a lot faster.

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It's also much easier to drink calories quickly than to eat them. So typically we don't count them as our calorie intake, but they can contribute a lot to over time. It's something that even those that track might forget that, oh, I had an alcoholic beverage and that alone has calories in it.

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one study, a prospective study following almost 15,000 men at four year periods found an increase in minor weight gain with higher intakes of alcohol. This was compared to those who did not change their alcohol intake. Those that increase their alcohol by two or more drinks a day.

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And they found that those that actually manipulated their intake would gain a little bit more weight. So it seems like a lot of people will kind of balance their weight if they're doing a similar amount. But it is one of those sneaky ways we can try to manipulate weight loss by trying to get the alcohol out of

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our diet. one person mentioned sleep, and that is one of the ways that weight gain can often cause additional sorry.

Alcohol can cause additional weight gain because lack of sleep is contributed to not necessarily gaining weight, but not able to lose weight.

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Many people joke about being having a beer belly, but unfortunately that is a pretty risky place to be. So beer bellies put people more at risk for type two diabetes, elevated blood lipids, hypertension and even cardiovascular disease over time.

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So you can check below what your calorie intake from your favorite cocktail is on the side here. I always think it's interesting because it's not always listed on the label, especially for light your craft beers and your wine or local wineries.

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You're probably not going to know exactly how many calories are in it, but this is kind of a general idea. You can see that those with a lot of mixes, mai, tais and margaritas are going to be higher, whereas wine spritzers that's mixed with seltzer, water or even light beers can be a better choice for calories.

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So did you do you guys have a favorite drink that you partake in? All right, one other side of the story around weight gain is how alcohol is interfering with your hormones that tell you if you're hungry or when you're full and what we're craving.

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So you might have heard of those late night munchies that you get often associated with a hard night of drinking. And this actually is there's truth to that. So alcohol consumption stimulates your food intake because it's impairing your judgment around your own appetite and hunger cues.

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So this has been tested and about a 20% increase in calories. We're consumed at a meal when alcohol was also consumed. So again, it might not be just the calories from alcohol, but it's what we're actually choosing to eat once we partake in an alcoholic beverage.

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So adding these calories from alcohol, that was an increase of about 33% of your calorie intake for the day. It's quite a big number, which is why it can often lead to weight gain. So I have some suggestions on the right side of the screen here for tips to reduce your calories while consuming alcohol again, breaking it

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up with having one nonalcoholic beverage or zero calorie drink in between. Selecting light versions when possible. Having food in your stomach before you drink so that you're not as tempted to have those sneaky munchies afterward. Keeping water available while you drink.

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This can help flush out the alcohol and then learning to sip your drink slower to make it last longer so your body has time to metabolize it. Any other questions about weight gain? Feel free to pop those in the chat bar, too, and that's like a

couple of people like IPAs as their favorite drink.

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Anyone else have a favorite drink that they consume? And no judgment if it is that margarita or my tie, right? Those are great to have once in a while. Yeah. Red wine. That's great. All right, so our next one on the list is alcohol and cancer, and yes, alcohol does increase the risk for various types of cancers

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. And this is mostly thought to be because when the alcohol is broken down, it creates that see aldehyde, which is a toxic component that is a carcinogenic, so it's able to damage DNA and some tissue, as well as some of the organ damage.

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So when we looked at the studies, there was a 24 increased risk for liver cancer with consumption of alcohol, 17% for colorectal cancer, 6% increase for breast cancer and a moderate risk for mouth throat, voice box and esophagus cancers.

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Women have a higher risk of breast cancer or. Women at high risk for breast cancer or have or have already experienced breast cancer may want to consider not drinking any alcohol at all because of how prevalent the evidence is for having a reoccurrence of breast cancer when alcohol is consumed.

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So it's kind of up to you again. There's a lot of risk and benefits from that, and you can decide that for yourself. But it is one thing that you can look at is the cancer risk, especially if it's prevalent in your family.

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There's some evidence that alcohol is associated with an increased risk for melanoma as well and prostate and pancreatic cancers. So I put a link at the bottom of your screen here, and this will tell you all of those stats if you would love to see what kind of cancers are more associated with alcohol consumption than others.

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So it's again, it's not all across the board like all cancer, but it seems to target certain types of cancer. Any questions about cancer and alcohol? And this is true for even light drinkers. So again, it's up to you, but everything has risks and benefits to it.

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So I just wanted to point those out and give you some additional resources around that. Next up is the fatty liver and pancreatitis, these are two main organs that get affected by alcohol consumption, and this is again heavy drinking, or at least moderate to heavy drinking.

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Unknown

A liver disease more obvious because this is the organ that metabolizes most of the alcohol and therefore most of where that is still aldehyde is produced. So it's more vulnerable to the effects of alcohol metabolizing. And more than 90% of heavy drinkers will develop fatty liver at some point.

00:33:33:23 - 00:33:51:15

Unknown

You can have a nonalcoholic fatty liver, and that's more related to sugar consumption and poor diet. But traditional fatty liver is because of too much alcohol consumption getting basically stored in the liver because there's nowhere else to put it.

00:33:51:23 - 00:34:10:16

Unknown

And it can make your liver expand to double or triple its size and can be really dangerous because then you can't detoxify anything that's coming into the body that's not so good. Pancreatitis or alcohol related pancreatitis is common among heavy drinkers as well.

00:34:10:18 - 00:34:32:17

Unknown

This can be a very painful, potentially fatal inflammation of the pancreas. So again, the pancreas is more affected because it's a lot of the enzymes that are normally released here have to do with digestion. So anything that's hitting the stomach is going to have some influence or the pancreas will have some influence on that.

00:34:33:20 - 00:34:55:11

Unknown

And again, it's a lot to do with like that inflammation piece and the tissue damage that can particularly attach to this organ since it's so close to the liver. So let's look at the stats for that. Less than 10% of heavy drinkers develop alcoholic pancreatitis, much less than the 90% we saw with liver disease, but know that

00:34:55:12 - 00:35:16:05

Unknown

it is a possibility. Let me know if you have any questions around this as well. I didn't put it in here today due to time, but know that your medications can interact with alcohol consumption quite dramatically because, again, the liver is trying to process both at the same time.

00:35:17:20 - 00:35:34:11

Unknown

Excuse me. So that could be something to just look into if you are on any medications that say do not drink alcohol with, it's pretty serious and it should be taken to heart, right? Especially some antibiotics and some temporary medications.

00:35:37:21 - 00:36:01:08

Unknown

All right, put those questions in the chat bar or on our last summary page, so regular consumption of alcohol seems to protect against fatal and non-fatal cardiovascular disease and all cause mortality in both healthy adults and in adolescents or adolescents in cardiovascular disease patients.

00:36:02:15 - 00:36:18:15

Unknown

So there is some benefit. However, it is dose dependent, and it's usually categorized by that J-shaped curve where a little bit is OK. And as soon as you kind of increase the drink per day ratio, we start to see the negative effects of alcohol come into play.

00:36:19:13 - 00:36:41:01

Unknown

For light to moderate levels of alcohol consumption, the risk of some cancers are relatively small and should be considered in the context for each individual, whether you might partake or abstain from alcohol. So it's up to you, whether you want to adopt other healthy habits to again counteract some of the effects alcohol might have on your

00:36:41:02 - 00:37:06:06

Unknown

body. Lifelong alcohol abstinence should not start drinking for health reasons only, but should be encouraged to adopt healthy lifestyle practices like regular exercise, not smoking, dietary habits, of course, and things like eating a lot of fruits and vegetables are going to be more beneficial for that person's health than starting some alcohol consumption.

00:37:07:09 - 00:37:27:00

Unknown

And then lastly, excessive or irregular binge alcohol use is also detrimental to human organs and can play a major public health and social problem, especially if in those people with experiencing some mental health disorders or just having that addiction part of their lifestyle.

00:37:28:00 - 00:37:40:18

Unknown

So I hope to gave you some good information today, some new information, but maybe some ones that you've heard before. I have a bunch of resources as well at the end of the slide, and you will get these emailed to you.

00:37:41:16 - 00:38:03:09

Unknown

But I love the National Association for Alcohol that can give you a lot of interesting tips and research studies around if you're more sciency. If you like the cultural aspect of it, a lot of the story of alcoholic drinks I found on Wikipedia Cancer Dot Gov can answer a lot of your questions around cancer and alcohol consumption

00:38:03:18 - 00:38:20:22

Unknown

. And then I put that link for the red wine again from Harvard Public Health. It's a nice little read. Their website is a great resource for asking a lot of various diet related questions. Can I answer any other questions for you today?

00:38:22:03 - 00:38:41:07

Unknown

And no, if you find out you have some questions later on, my email is Christine G at Packman dot org. So I'm going to pop that in the chat bar. And you're welcome to email me after if you have some individual questions or just any questions after.

00:38:44:12 - 00:38:55:07

Unknown

So I'll be on for a few more minutes in case you guys have questions. Thank you so much for joining me. And I look forward to our next presentation next month and see why Stephen?