

## Hank Speaks

A beer a day helps prevent stroke and heart disease, new study suggests. I refer all readers of Hopline to the information I posted a few issues ago about excessive drinking but today's note does not contradict that since the previous one addressed brain, not cardiac function and damage.

This study of 80,000 adults (A LARGE NUMBER) found that the normal decline in HDL, also known as the good cholesterol that occurs with aging is slowed down by a moderate intake of alcohol. The study by Penn State University, a well-respected center, and presented by the prestigious American Heart Association says that the trend applied to both beer and spirits but the effect was most visible for drinkers of beer. Since very little wine was given to the test subjects no conclusions about the effects of wine can be made to either praise or condemn wine.

### At a glance | Alcohol units

Official guidance says that it is safest to drink less than 14 units a week. If you do regularly exceed this, it's best to spread your drinking over three or more days.

Drink	ABV*	Size	Alcohol
Wine	14%	125ml glass	1.8 units
Wine	14%	175ml glass	2.5 units
Wine	14%	250ml glass	3.5 units
Wine	14%	750ml bottle	10.5 units
Beer	2.8%	Pint	1.6 units
Strong Beer	4.8%	Pint	2.7 units
Vodka	40%	25ml shot	1 unit
Vodka	40%	50ml double	2 units
Flavored Cider	4%	330ml bottle	1.3 units

\* ABV - Alcohol By Volume

(NOTE for mathematically challenged - for beer a unit comes to 14/2.7 pints of real beer or 5 PINTS which is 6.66 bottles/week; younger can have more)

One could question this because it is a very homogeneous group being all Chinese. More studies are going to be done in a non Chinese population since we know that different genetic ancestry affects how alcohol is metabolized.

In the meantime, I will remind that old expressions such as "24 hours a day; 24 beers in a case - coincidence or Divine plan?"