

## **Relation between alcohol intake, lipoproteins and coronary heart disease: the interest continues**

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### **Abstract**

This paper reviews the much discussed association between alcohol intake, lipoproteins and coronary heart disease (CHD). Epidemiological studies have consistently shown an inverse trend between low to moderate alcohol consumption and CHD. Such a protective effect of alcohol against atherosclerosis has been associated with the elevated concentration of HDL-cholesterol induced by alcohol. However, the underlying mechanisms whereby alcohol drinking enhances HDL-cholesterol levels are not yet fully clear. Various lifestyle variables, namely diet, smoking, hypertension, body mass index and exercise, can affect the lipoprotein status in both users and non-users of alcohol.

Topic: atherosclerosis ethanol smoking hypertension high density lipoprotein cholesterol body mass index procedure lipoproteins diet exercise alcohol drinking epidemiologic studies life style coronary heart disease moderate drinking

### **Reference**

Gandhi BM, Raina N. Alcohol-induced changes in lipids and lipoproteins. Alcoholism. Clinical Experimental Res. 1984;8(1):29-32