No Safe Levels for Alcohol Consumption

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Editorial

Alcohol consumption or alcoholism has become a great threat to human life in the recent years. From the various available reports of National Institute of Alcohol Abuse and Alcoholism (NIAAA) and WHO, we can understand that alcohol consumption leads to nearly 200 diseases (cancer, cardiovascular diseases, diabetes, etc.). There is a relation between harmful use of alcohol and the incidence of infectious diseases like HIV, TB, pneumonia, and cholera. “Alcohol use disorders” of parents may transmit to their children and them in the course of time. Nearly 6% of the world population dies because of alcohol consumption. Each year, nearly 2000 college students in the US die from alcohol-related unintentional diseases including motor vehicle accidents. 16% of people in the world engage in heavy episodic drinking. Alcoholics may harm spouse, child, friend, relatives, neighbors, co-workers, and even strangers at any time. Alcohol consumption may result in the social and economic costs on society. High-income countries have the highest alcohol per capita consumption. Older drinkers have alcohol more frequently than other age groups. People should aware of health risks associated with alcohol.

Research reports also show that various ethnic groups bear the burden of alcohol disproportionately [1]. Binge and heavy drinking people lead to a variety of social and health consequences [2,3]. Our reports reveal that binge drinking leads to excretion of folate acid at the excess amount that in turn leads to many health sequences [4]. Alcohol consumption will be more among males than females [5]. In brief, the amount of alcohol consumption is associated with ethnicity, gender, age, and socioeconomic status.

A general assumption that “moderate alcohol” may have some but it may not everyone who drinks moderately. Moreover, it is hard to formulate a moderate amount because it varies from a person to person depending on the physiological system and other factors. No amount of alcohol consumption that is safe for all people or any one person, under all circumstances. For some people, in some circumstances, safe drinking will mean no alcohol at all. For health instead of using a moderate amount of alcohol, one can freely use medicines, nutrients or vitamins.

References