

Re: Lipitor and alcohol use

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-11/msg00493.html>

- *From:* jason@xxxxxxxxxx (Jason)
 - *Date:* Fri, 25 Nov 2005 07:31:52 -0800
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In article <1792115.ja9bzOsOtX@xxxxxxxxxxxx>, Pramesh Rutajit <p2976221tongue@xxxxxxxxxxxx> wrote:

- > Hannibal wrote:
- >
- >> And it does not "significantly" elevate your HDL.
- >>
- >> So a sweeping statement that alcohol is protective in all circumstances
- >> is mistaken and misleading.
- >
- > 5 minutes of research and three quick studies for your review. Note the use
- > of the word "significantly" in the first two and the 24.7% reduction in
- > risk of coronary heart disease noted in the third study. There are
- > "significantly" more positive studies available on PubMed.
- >
- >
- > Cardiovascular risk profile and type of alcohol beverage consumption: a
- > population-based study.
- >
- > Schroder H, Ferrandez O, Jimenez Conde J, Sanchez-Font A, Marrugat J.
- >
- > Lipids and Cardiovascular Epidemiology Unit, Institut Municipal
- > d'Investigacio Medica, IMIM, Barcelona, Spain.
- >
- > AIMS: To determine the association between several cardiovascular risk
- > factors with total alcohol and types of alcoholic beverage consumption.
- > METHODS: The subjects were Spanish men (n = 2,383) and women (n = 2,535)
- > aged 25-74 years who were examined in 1994-1995 and 1999-2000, in two
- > population-based cross-sectional surveys in the north-east of Spain
- > (Gerona). Information of total amount and type of alcohol consumption,
- > educational level, smoking, leisure-time physical, antihypertensive and
- > hyperlipidemic drug treatment was obtained through structured
- > questionnaires. The cardiovascular risk factors total cholesterol, HDL
- > cholesterol, triglycerides, fasting glucose, fibrinogen, lipoprotein (a),
- > heart rate and systolic and diastolic blood pressures were determined.
- > RESULTS: Men consumed significantly more alcohol than women (19.5 vs. 4.5
- > g/day, respectively) and the prevalence of elevated alcohol consumption (>2
- > glasses of wine/day) also was higher in men (35.3%) than women (3.5%).
- >

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- > Total alcohol intake was significantly related with HDL cholesterol and
- > fibrinogen improvements in both genders.
- >
- > In contrast, total cholesterol, triglycerides, heart rate, and systolic and
- > diastolic blood pressures were directly and significantly ($p < 0.05$)
- > associated with total alcohol consumption in men but not in women. Wine
- > drinking, particularly in women, was associated with a healthy
- > cardiovascular risk profile. Most of the observed significant associations
- > between type of alcohol beverage and CHD risk factors disappeared after
- > controlling for total alcohol consumption and other confounders.
- > CONCLUSIONS: Alcohol consumption was favorably related to the
- > cardiovascular risk profile in women but not in men. The relationship of
- > alcohol beverages seems to be mediated by the total alcohol content rather
- > than by the type of beverage itself. Copyright (c) 2005 S. Karger AG,
- > Basel.
- >
- > PMID: 15809497 [PubMed – indexed for MEDLINE]
- >
- >
- > Effect of red wine and red grape extract on blood lipids, haemostatic
- > factors, and other risk factors for cardiovascular disease.
- >
- > Hansen AS, Marckmann P, Dragsted LO, Finne Nielsen IL, Nielsen SE, Gronbaek
- > M.
- >
- > Research Department of Human Nutrition, The Royal Veterinary and
- > Agricultural University, Copenhagen, Denmark.
- >
- > OBJECTIVE: Some epidemiological studies found a lower risk of cardiovascular
- > disease among wine drinkers than among drinkers of other types of ethanol.
- > This difference might be due to an effect of nonalcohol compounds in wine
- > on important cardiovascular risk factors. The objective of this study was
- > to compare the effect of red wine, nonalcohol compounds of red wine and
- > placebo on established cardiovascular risk factors. DESIGN: A parallel,
- > four-armed intervention study. SUBJECTS: A total of 69 healthy 38–74-y-old
- > men and women. INTERVENTIONS: Subjects were randomised to either 1: red
- > wine (males: 300 ml/day, 38.3 g alcohol/day, female subjects: 200 ml/day,
- > 25.5 g alcohol/day), 2: water + red grape extract tablets (wine-equivalent
- > dose), 3: water + red grape extract tablets (half dose), or 4: water +
- > placebo tablets for a period of 4 weeks. No other sources of alcohol or
- > anthocyanin were allowed. Plasma high-density lipoprotein (HDL)-cholesterol
- > (HDL-C), low-density lipoprotein (LDL)-cholesterol (LDL-C),
- > HDL-C/LDL-C-ratio, very-low-density lipoprotein (VLDL)-triacylglycerol,
- > total cholesterol, fibrinogen, factor VII coagulant activity (FVIIc), blood
- > pressure, and body weight were determined before and after intervention.
- >
- > RESULTS: Wine consumption was associated with a significant 11–16% increase
- > in fasting HDL-C
- >
- > and 8–15% decrease in fasting fibrinogen relative to not drinking wine.
- > There were no significant treatment effects on fasting LDL-C,

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- > HDL–C/LDL–C–ratio, VLDL–triacylglycerol, total cholesterol, FVIIc, or blood
- > pressure. Drinking wine was associated with relative body weight increments
- > closely corresponding to the energy contributed by the alcohol component.
- > CONCLUSION: Moderate red wine consumption for 4 weeks is associated with
- > desirable changes in HDL–C and fibrinogen compared with drinking water with
- > or without red grape extract. The impact of wine on the measured
- > cardiovascular risk factors thus seems primarily explained by an alcohol
- > effect. Our finding suggests that the putative difference in cardiac risk
- > associated with wine vs other alcoholic beverages might be rather explained
- > by other life–style confounders than by red wine contents of nonalcohol
- > components.
- >
- > PMID: 15674304 [PubMed – indexed for MEDLINE]
- >
- > Moderate alcohol intake and lower risk of coronary heart disease:
- > meta–analysis of effects on lipids and haemostatic factors.
- >
- > Rimm EB, Williams P, Fosher K, Criqui M, Stampfer MJ.
- >
- > Department of Nutrition, Harvard School of Public Health, Boston, MA 02115,
- > USA. eric.rimm@xxxxxxxxxxxxxxxxxxxxxx
- >
- > OBJECTIVE: To summarise quantitatively the association between moderate
- > alcohol intake and biological markers of risk of coronary heart disease and
- > to predict how these changes would lower the risk. DESIGN: Meta–analysis of
- > all experimental studies that assessed the effects of moderate alcohol
- > intake on concentrations of high density lipoprotein cholesterol,
- > apolipoprotein A I, fibrinogen, triglycerides, and other biological markers
- > previously found to be associated with risk of coronary heart disease.
- > PARTICIPANTS: Men and women free of previous chronic disease and who were
- > not dependent on alcohol. Studies were included in which biomarkers were
- > assessed before and after participants consumed up to 100 g of alcohol a
- > day. INTERVENTIONS: Alcohol as ethanol, beer, wine, or spirits. MAIN
- > OUTCOME MEASURES: Changes in concentrations of high density lipoprotein
- > cholesterol, apolipoprotein A I, Lp(a) lipoprotein, triglycerides, tissue
- > type plasminogen activator activity, tissue type plasminogen activator
- > antigen, insulin, and glucose after consuming an experimental dose of
- > alcohol for 1 to 9 weeks; a shorter period was accepted for studies of
- > change in concentrations of fibrinogen, factor VII, von Willebrand factor,
- > tissue type plasminogen activator activity, and tissue type plasminogen
- > activator antigen. RESULTS: 61 data records were abstracted from 42
- > eligible studies with information on change in biological markers of risk
- > of coronary heart disease. An experimental dose of 30 g of ethanol a day
- > increased concentrations of high density lipoprotein cholesterol by 3.99
- > mg/dl (95% confidence interval 3.25 to 4.73), apolipoprotein A I by 8.82
- > mg/dl (7.79 to 9.86), and triglyceride by 5.69 mg/dl (2.49 to 8.89).
- > Several haemostatic factors related to a thrombolytic profile were modestly
- > affected by alcohol.
- >
- > On the basis of published associations between these biomarkers and risk of
- > coronary heart disease 30 g of alcohol a day would cause an estimated

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- > reduction of 24.7% in risk of coronary heart disease.
- >
- > CONCLUSIONS: Alcohol intake is causally related to lower risk of coronary
- > heart disease through changes in lipids and haemostatic factors.
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- > PMID: 10591709 [PubMed – indexed for MEDLINE]

Pramesh,

Are there any PubMed reports related to people in the sample group or groups drinking alcohol and taking statins? It's my understanding that combining alcohol and taking statins increases the likelihood or probability of serious side effects related to liver problems.

Jason

Jason

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We do NOT respect the subscribers that enjoy criticizing people.

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• **References:**

- ◆ **Lipitor and alcohol use**
◇ From: Beaugas
- ◆ **Re: Lipitor and alcohol use**
◇ From: Jason
- ◆ **Re: Lipitor and alcohol use**
◇ From: Hannibal

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