

## Re: TC's intellectual integrity.

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**From:** Robert (*RobertJ\_at\_hotmail.com*)

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Am J Clin Nutr. 2004 Sep;80(3):621-5. Related Articles, Links

Moderate wine drinkers have lower hypertension-related mortality: a prospective cohort study in French men.

Renaud SC, Gueguen R, Conard P, Lanzmann-Petithory D, Orgogozo JM, Henry O.

Hospital Emile Roux, Pavillon Buisson Jacob, 94456 Limeil-Brevannes, France.  
serge.renaud@erx.ap-hop-paris

**BACKGROUND:** For a given blood pressure, the risk of death from coronary artery disease is much higher in northern Europe and the United States than in Mediterranean countries. **OBJECTIVE:** In this prospective cohort study, we tested the hypothesis that regular wine drinking reduces the hypertension-related risk of death. **DESIGN:** We used data from 36 583 healthy middle-aged men who had normal results on an electrocardiogram and were not taking drugs for cardiovascular disease risk factors. The subjects underwent a comprehensive health appraisal at the Center for Preventive Medicine between 1 January 1978 and 31 December 1985. Mortality from all causes and from specific causes during a 13-21-y follow-up was recorded. **RESULTS:** In a Cox model adjusted for 6 confounding variables, moderate wine drinkers (those who consumed <60 g alcohol/d and no beer) with systolic blood pressure (SBP) of 158, 139, or 116 mm Hg had significantly lower risks of death from all causes by 23%, 27%, and 37%, respectively, than did abstainers. Even for the highest quartile of blood pressure, moderate wine drinkers were protected from all-cause mortality. No significant reduction in all-cause mortality in relation to SBP was observed in other drinkers (those who consumed > or =60 g alcohol/d or who consumed beer and wine). **CONCLUSION:** A moderate intake of wine is associated with a lower risk of mortality from all causes in persons with hypertension.

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Biol Res. 2004;37(2):183-7. Related Articles, Links

Alcohol and mortality from all causes.

Renaud S, Lanzmann-Petithory D, Gueguen R, Conard P.

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Emile Roux Hospital, Public Assistance of Paris Hospitals France.  
serge.renaud@erx.ap-hop-paris.fr

A large number of prospective studies have observed an inverse relationship between a moderate intake of alcohol and coronary heart disease morbidity and mortality. Concerning death from all-causes, results are not unanimous. Alcohol intake was associated with a protection of all-cause mortality in England and USA physicians and the large study of the American Cancer Society. None of these studies separated the effects of different alcoholic beverages. In our prospective studies in France on