



HEALTH NOTES



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Adventist Medical
Evangelism Network

AMEN's mission is to motivate, train, and equip Seventh-day Adventist healthcare professionals to team with pastors and members, uniting the church to restore Christ's ministry of healing to the world, hastening His return.

To learn more about AMEN and get involved go to: amensda.org.

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Alcoholic Beverages are Unsafe in Any Amount

Science eventually comes around to the whole truth—even if it takes some time to study the problem in enough detail to discover the actual facts.

Several past studies of alcohol have indicated that small amounts of alcohol, consumed daily, result in slight reductions in deaths from heart disease and diabetes. In all previous studies, moderate and heavy drinking of alcohol are always damaging to health.

A new study of alcohol drinking combines data from 592 studies on the risk of alcohol use.¹ The ages studied were from 15-95. The number of drinks per day ranged from 0 to 12. A person was considered a current drinker if only consuming 1-2 drinks per year. Data was collected from 195 countries. The study population included **28 million individuals**. There were 649,000 deaths over the 25-year study period.

In 2016 32.5% of all people around the world were current drinkers. This amounts to **25% of females** and **39% of males** being current drinkers. Numerically, **2.4 billion people** are current drinkers.

There is variation in drinking based on social and economic development. Alcohol consumption is 72% for females and 83% for males in more developed countries and is 8.9% of females and 20% of males in less developed countries.

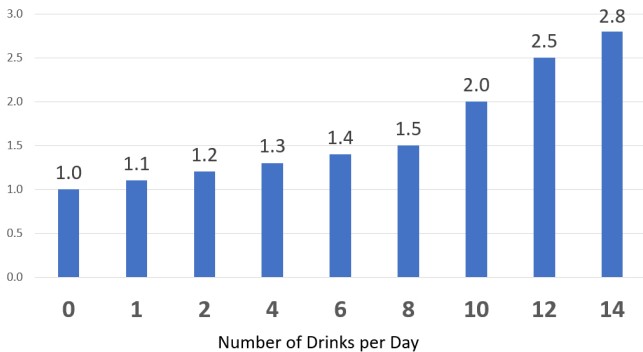
There are differences in alcohol drinking by gender from country-to-country. In Nepal only 1.5% of women drink and 21% of men drink. In Sweden drinking is more equal, with 86% of females and 87% of males being current drinkers.

In 2016 2.8 million deaths were attributed to alcohol use. Around the world, alcohol causes 2.2% of deaths in women and 6.8% of all deaths in men. Alcohol increases the risk of death from tuberculosis in developing countries. Alcohol increases the risk of death from stroke, heart disease, cirrhosis, and liver cancer in more developed countries. Alcohol is responsible for deaths by accident in all countries where alcohol is consumed.

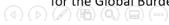
There is a slight protective effect of alcohol in developed countries for heart disease and diabetes, but these are completely offset by increases in cancer in these countries. Alcohol increases the risk of death with every drink consumed! There is a linear dose-response relationship. There is no protective level for even one drink a day.



Risk of Dying By Number of Drinks per Day



680 Collaborators, "Alcohol use and burden for 195 countries and territories, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016," thelancet.com published online August 23, 2018, 21 pages.



The authors drew this conclusion. "Our results point to a need to revisit alcohol control policies and health programs, and to consider recommendations for abstinence." **"Our results show that the safest level of drinking is none."**

The Bible says in **Proverbs 20:1 (NASB)** "Wine is a mocker, strong drink a brawler, and whoever is intoxicated by it is not wise."

This is exactly the position the Seventh-day Adventist church has taken for over 100 years. Mrs. White advised. "When temperance is presented as a part of the gospel, many will see their need of reform. They will see the evil of intoxicating liquors, and **that total abstinence** is the only platform on which God's people can conscientiously stand. As this instruction is given, the people will become interested in other lines of Bible study." *Vol. 7, Testimonies for the Church 75*

"In relation to tea, coffee, tobacco, and **alcoholic drinks**, the only safe course is to **touch not, taste not, handle not.**" *Counsels on Diet and Foods 430*

¹ 680 Collaborators, "Alcohol use and burden for 195 countries and territories, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016," thelancet.com published online August 23, 2018, 21 pages.

The graph was created by the author based on data found in reference 1.