CARDIOVASCULAR DISEASE

Moderate beer consumption can have a positive effect on heart and blood vessels and prevent cardiovascular disease (CVD).

CVD is the main cause of death in Europe.

Moderate alcohol consumption reduces the risk of developing CVD.

-higher risk
-normal
-lower risk

- no alcohol consumption
- moderate consumption
- excessive consumption

The process of CVD:

1. plaques (LDL cholesterol - also known as bad cholesterol)
2. inflammation
3. blood clot
4. infarction

Effects of moderate alcohol consumption on CVD:

- Increase of HDL cholesterol - also known as good cholesterol - and insulin sensitivity.
- Reduction of inflammatory factors involved in CVD.
- Decrease in fibrinogen, which reduces formation of blood clots.

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  - Increased HDL cholesterol (good cholesterol) and insulin sensitivity.
  - Reduced formation of plaques (LDL cholesterol - bad cholesterol).
  - Reduced inflammation.
  - Decreased fibrinogen, which reduces blood clot formation.

For CVD prevention:
- Do not smoke, be active and eat and drink healthily and in moderation.

Not only can moderate beer consumption lower the risk of developing CVD but also people with CVD may benefit from the protective effects of alcohol.

This infographic has been prepared by Kennisinstituut Bier and validated by the Beer & Health Scientific Committee. The scientific research it is based on can be found in the Beer and Health booklet on www.beerandhealth.eu.

Potential health effects only apply to moderate beer consumption by adults. This is defined in this infographic as no more than two 25 cl drinks of 5% beer (or two 33 cl drinks of 3.8% beer, or two 10 cl drinks of 13% wine) daily for men and one for women. This may vary for one’s age, size and overall health. An otherwise healthy lifestyle is strongly advised. For personal guidance, check with your general practitioner. Please note this does not constitute a drinking guideline. All statements form this infographic are backed up by science that can be retrieved on www.beerandhealth.eu.