

News and Views

midlife in relation to “successful aging.” The results indicate that moderate, regular (5 days a week) drinkers (15.1–30 g of alcohol per day, an average of just over 1 to 2½ drinks per day, especially wine) were more likely to exhibit successful aging when compared with nondrinkers.^[1]

VIEW(S)

Moderate alcohol consumption promoting successful aging is also supported by other studies^[2-4] though contrary findings also exist.^[5]

The evidence probably by a majority vote favors moderate alcohol intake.

Even though a number of people have tried, no one has yet found a way to drink for a living.

–Jean Kerr

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‘Wiser’ are the ‘Winners’

NEW(S)

Alcohol consumption and ‘successful aging’

.... moderate drinkers, especially those consuming wine and drinking regularly, were more likely to exhibit successful aging.^[1]

“Successful aging”, is defined as survival to age 70 years, not having a major chronic disease (such as coronary disease, cancer, stroke, and diabetes), and having no major cognitive impairment, physical impairment, or mental health problems. In a study conducted on 13,894 women in the Nurses’ Health Study, investigators prospectively examined alcohol use assessed at

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