

**BEVANDE ALCOLICHE:
UN PROBLEMA SOTTOVALUTATO**



Convegno Società Italiana di Scienza dell'Alimentazione

SI PUÒ FARE PREVENZIONE CONSIGLIANDO UN CONSUMO MODERATO?

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Indicazione di consumo: come è cambiata

- L'etanolo è una potente sostanza psicoattiva per la quale *non è possibile individuare quantità raccomandabili* ma nemmeno ammissibili o sicure per la salute.
- **Consumo a basso rischio** (meno di 20g/die per i maschi e meno di 10g/die per le femmine)
- **Consumo a rischio** (40-60 g/die per i maschi e 20-40g/die per le femmine)
- **Consumo dannoso** (oltre i 60g/die per i maschi e oltre i 40g/die per le femmine)
- **Alcol-dipendenza.**

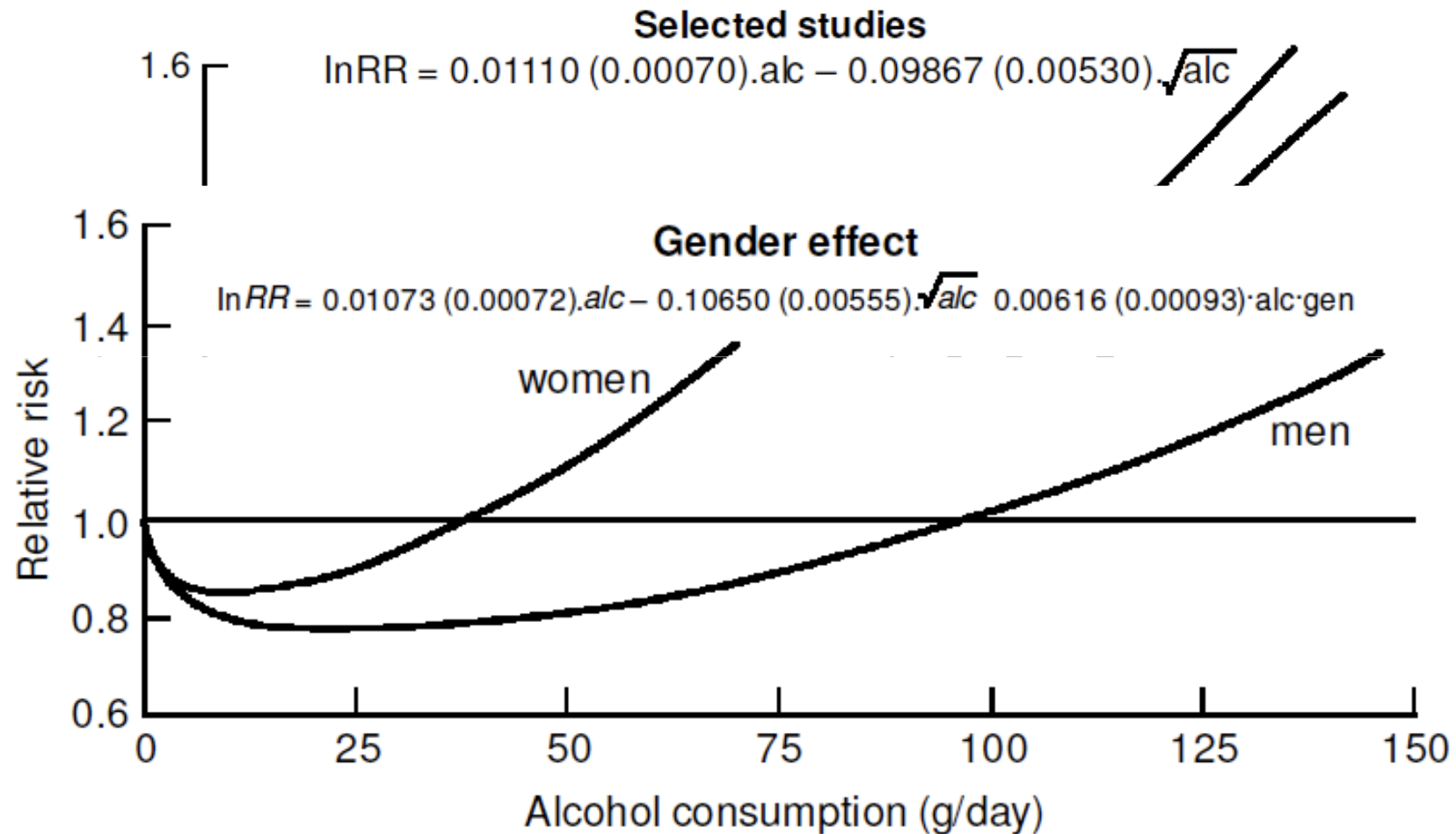
2014 Italian Dietary Reference Intakes: the IV Revision



- Based on WHO (2004), US Guidelines (2010), WCRF/AIRC (2007 and 2013) for cancer risk.
- **Low risk consumption:** less than 20 g/die for men and 10 g/die for women.
- Ethanol is defined as a **non-nutrient** having a **nutritional interest**.
- Evident shift from “**potential benefit**” to “**potential harmful**”

Alcol e CHD

(J-shaped curve)



Corrao G et al. Addiction. 2000 95(10):1505-23.

Relazione tra consumo moderato di alcol e salute

Patologia	Rischio	Patologia	Rischio
Cancro	↑	Malattia coronarica	↓
Ictus emorragico	↑	Infiammazione	↓
Fibrillazione atriale	↑	Sindrome metabolica	↓↑
Ipertensione	↑	Diabete	↓
		Arteriopatie	↓
		Ictus ischemico	↓
		Profilo lipidico	↓



September 2011

Alcohol Policy Coalition Position Statement

CANCER, CARDIOVASCULAR DISEASE AND ALCOHOL CONSUMPTION

Background

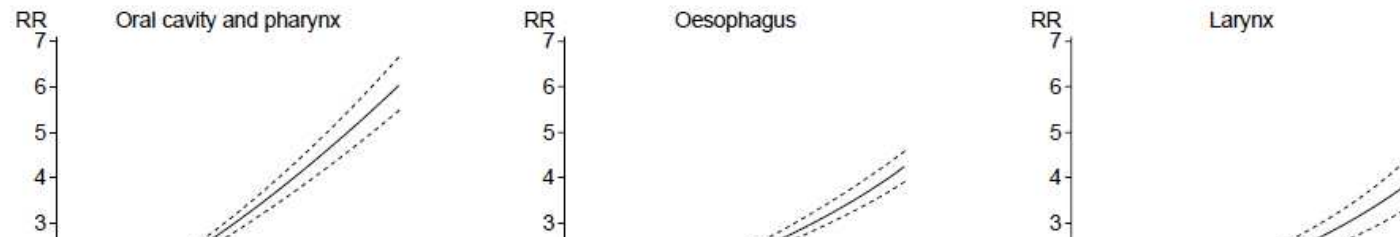
The harmful use of alcohol is commonly associated with short-term effects such as violence and anti-social behaviour. However, alcohol use also contributes significantly to the global burden of non-communicable diseases, in particular cancer and cardiovascular disease.

In 2008, alcohol misuse was responsible for 2.3 million deaths (3.8 per cent) globally. More than half of these deaths were from non-communicable diseases¹ such as cardiovascular disease (22 per cent) and

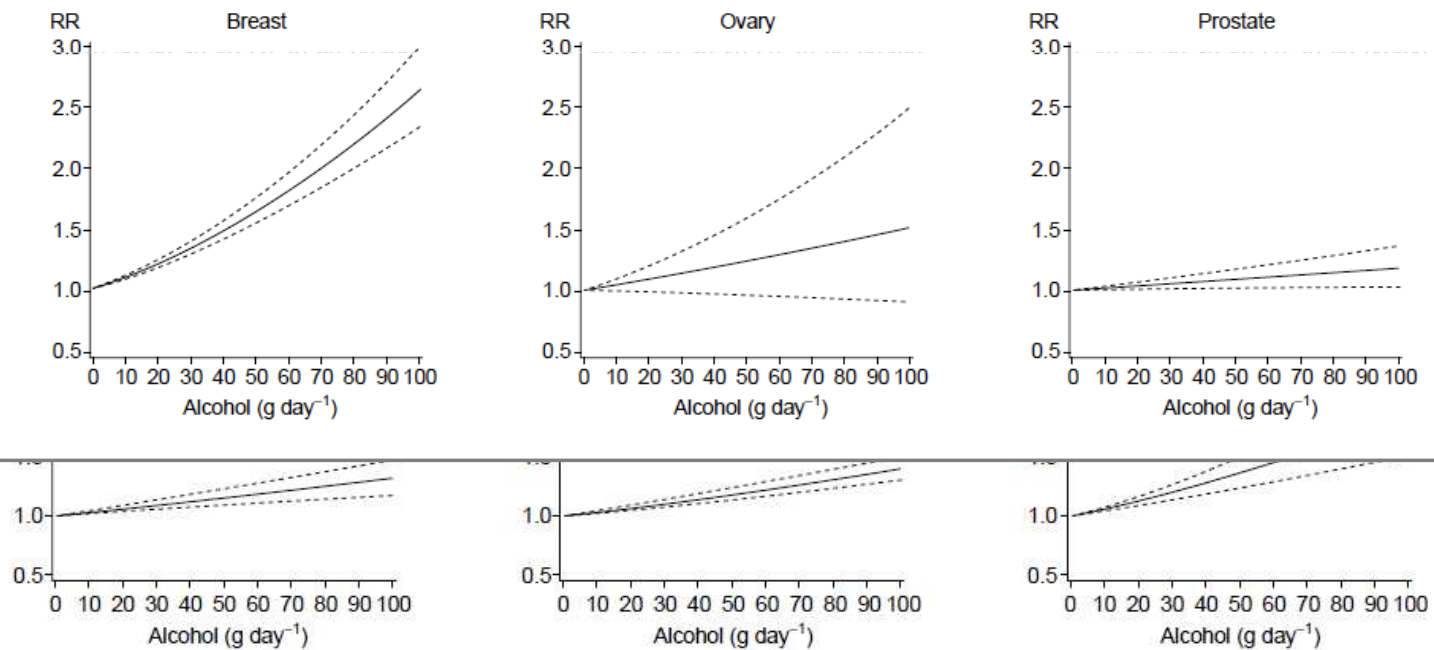
The potential for any benefit to the heart from red wine is misunderstood. Although red wine contains antioxidants, it is not a good source of antioxidants to prevent heart disease or maintain heart health. There is no conclusive evidence that different types of alcohol offer special protection against cardiovascular disease, including red wine. The Heart Foundation does not recommend red wine or other types of alcoholic drinks to prevent or treat heart disease. The quantity of alcohol consumed is more important than the type and it is recommended adults drink within NHMRC guidelines to reduce the life-time risk of harm from alcohol-related disease and injury.²¹

Alcol e cancro

A Neoplasms of the upper aerodigestive tract



C Other neoplasms



Bagnardi V et al. British Journal of Cancer (2001) **85(11)**, 1700–1705



EUROPEAN CODE AGAINST CANCER

12 ways to reduce your cancer risk

- 1 Do not smoke. Do not use any form of tobacco.
- 2 Make your home smoke free. Support smoke-free policies in your workplace.
- 3 Take action to be a healthy body weight.
- 4 Be physically active in everyday life. Limit the time you spend sitting.
- 5 Have a healthy diet:
 - Eat plenty of whole grains, pulses, vegetables and fruits.
 - Limit high-calorie foods (foods high in sugar and fat) and avoid sugary drinks.
 - Avoid processed meat; limit red meat and foods high in salt.
- 6 If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention.
- 7 Avoid too much sun, especially for children. Use sun protection. Do not use sunbeds.
- 8 In the workplace, protect yourself against cancer-causing substances by following health and safety instructions.
- 9 Find out if you are exposed to radiation from naturally high radon levels in your home. Take action to reduce high radon levels.
- 10 For women:
 - Breastfeeding reduces the mother's cancer risk. If you can, breastfeed your baby.
 - Hormone replacement therapy (HRT) increases the risk of certain cancers. Limit use of HRT.
- 11 Ensure your children take part in vaccination programmes for:
 - Hepatitis B (for newborns)
 - Human papillomavirus (HPV) (for girls).
- 12 Take part in organized cancer screening programmes for:
 - Bowel cancer (men and women)
 - Breast cancer (women)
 - Cervical cancer (women).

The European Code Against Cancer focuses on actions that individual citizens can take to help prevent cancer. Successful cancer prevention requires these individual actions to be supported by governmental policies and actions.

Find out more about the European Code Against Cancer at: <http://cancer-code-europe.iarc.fr>



RECOMMENDATION 6

ALCOHOLIC DRINKS

Alcoholic drinks¹

HEALTH GOAL

Population drinking alcohol within recommended limits to be achieved by every 10 years^{1 2}

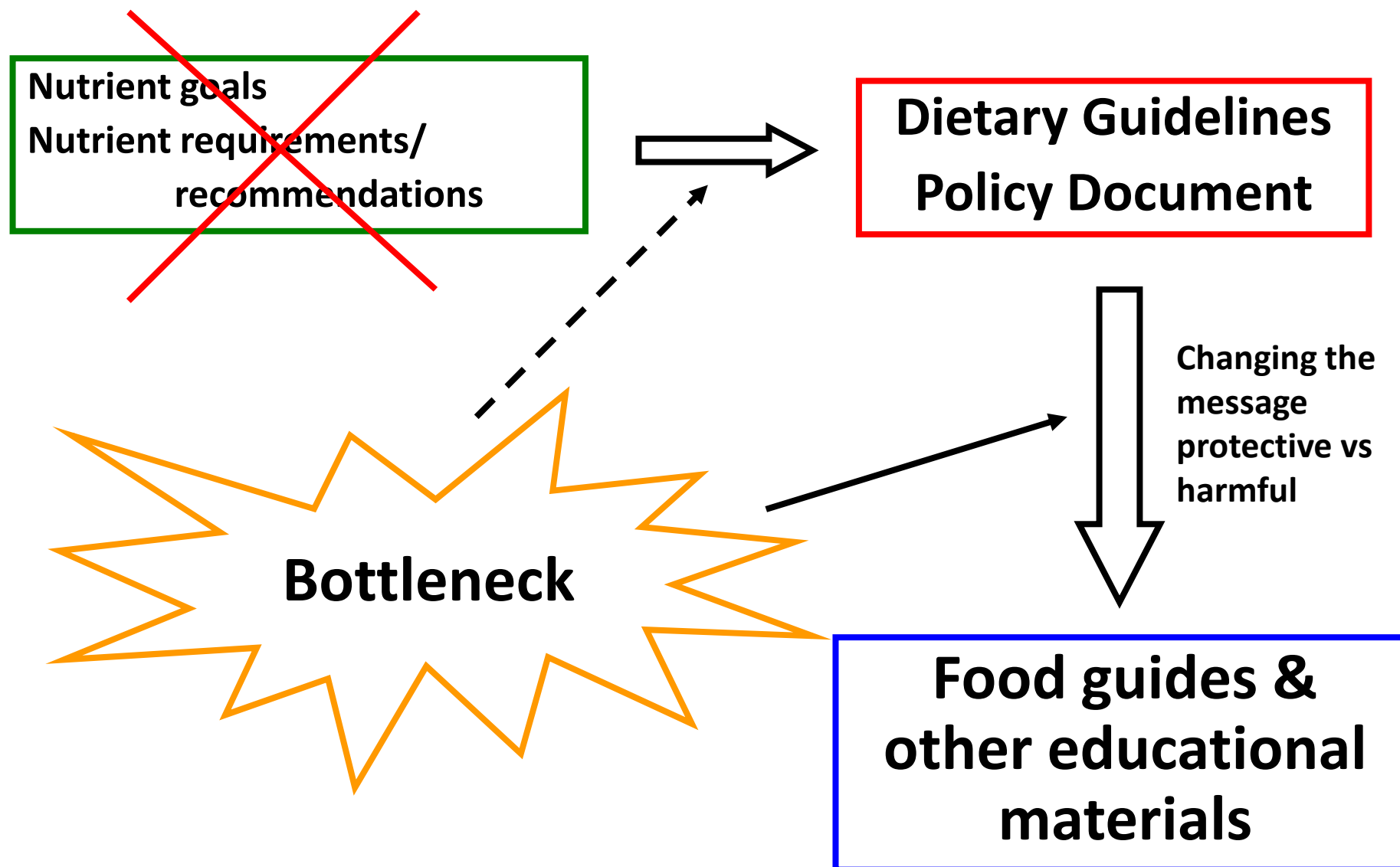
RECOMMENDATION

Alcoholic drinks should not be consumed, or no more than two drinks a day for men and one drink a day for women^{1 2 3}

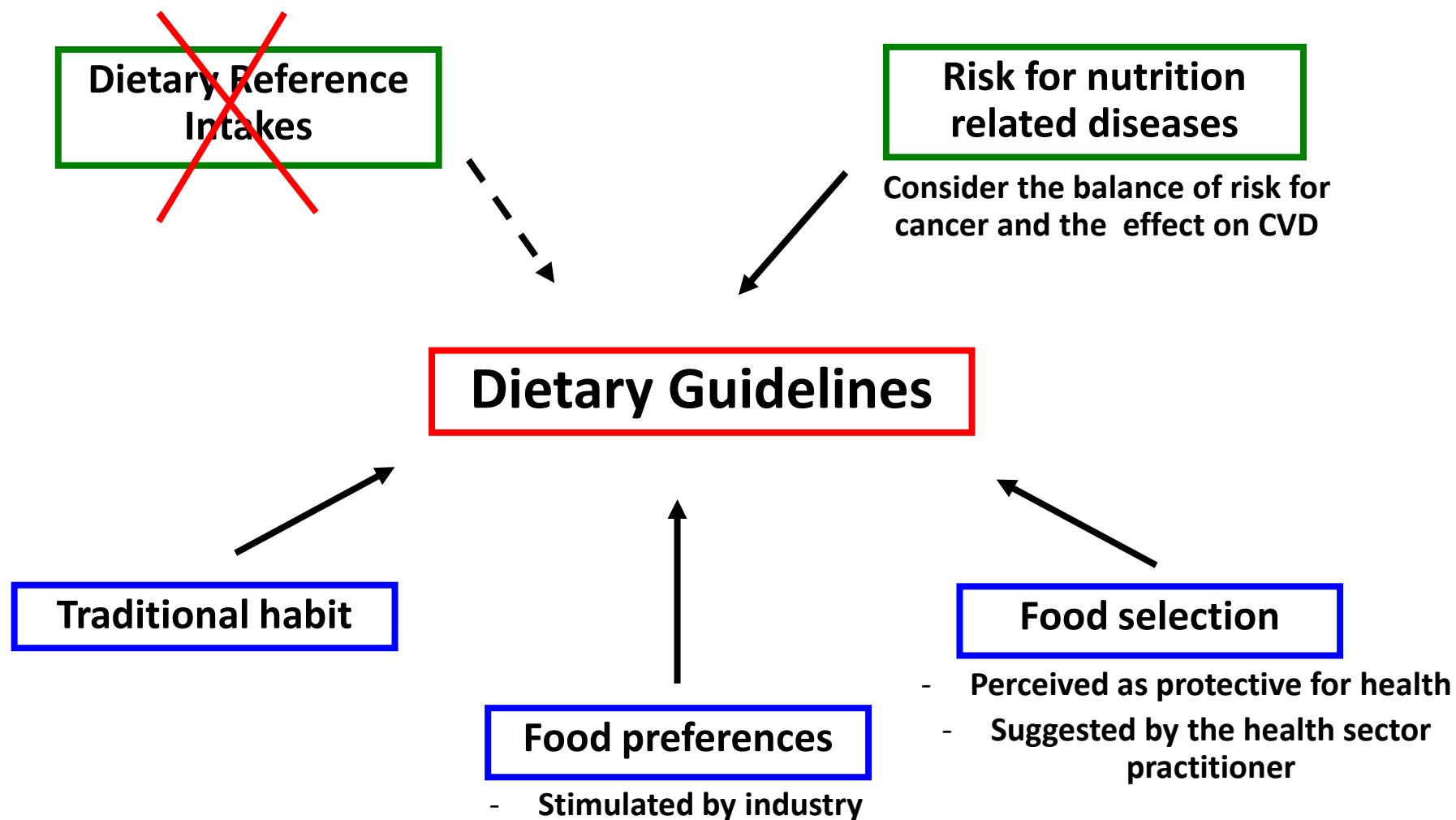
There is evidence that there is a likely protective effect

to consume alcoholic drinks with low ethanol content

How to translate this shift in the next version of Italian Guidelines?



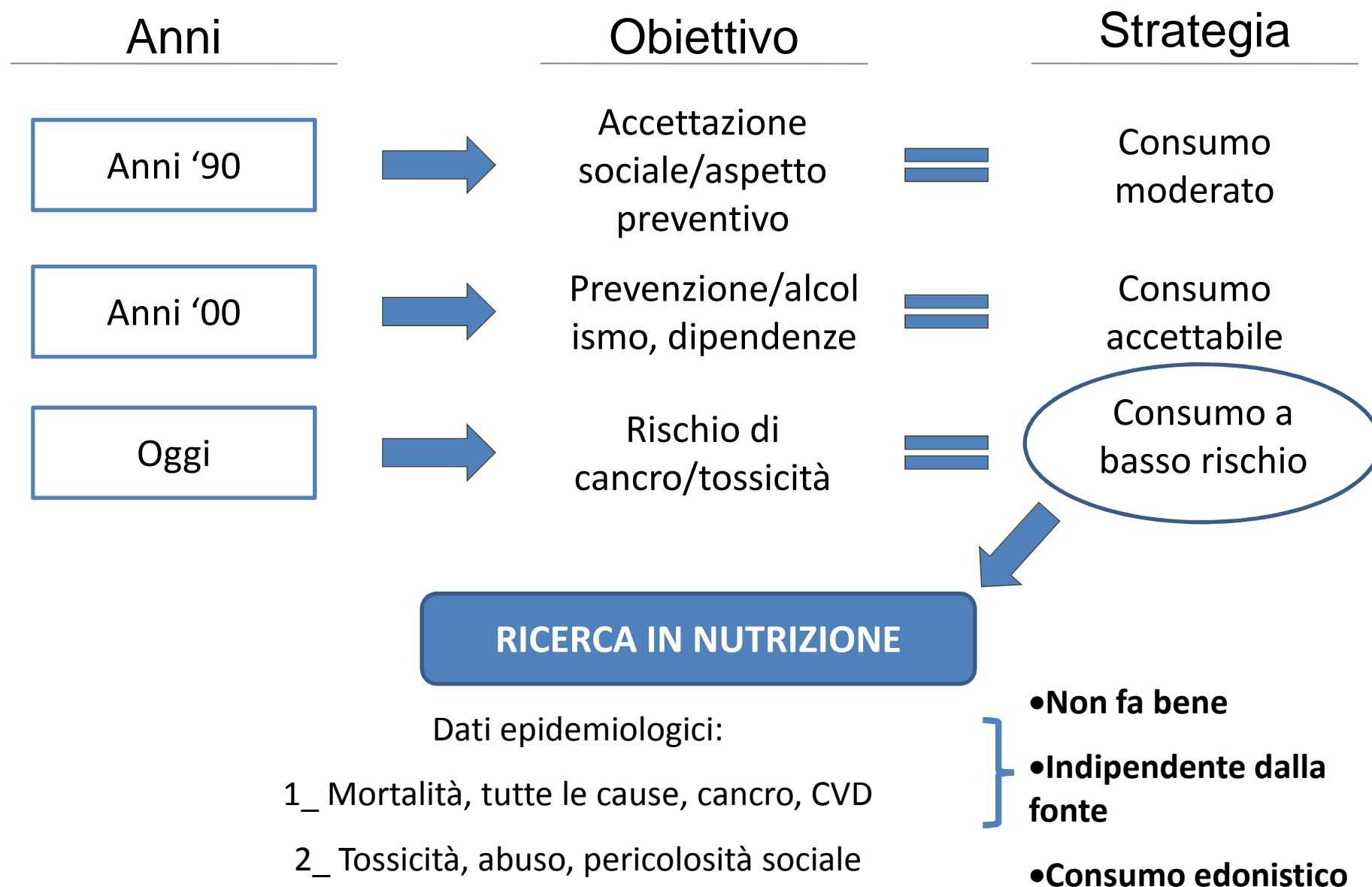
SCIENTIFIC + PRACTICAL CRITERIA FOR INCLUSION/EXCLUSION OF ALCOHOLIC DRINKS IN DIETARY GUIDELINE



Sintesi tra le diverse posizioni

- **Posizione analcolica (“proibizionista”)**: l’uso di alcol non è né ammissibile, né raccomandabile (l’alcol è una sostanza comunque “tossica”, “è cancerogeno”).
- **Posizione preventiva** “sensu lato”: bere meno è meglio (OMS).
- **Posizione tecnicista**: l’alcol è un tossico ma a basse dosi può essere considerato a basso rischio (ultima revisione dei LARN).
- **Posizione permissiva**: l’uso moderato di alcol è parte integrante di scelte individuali libere.
- **Posizione alcolica (“promozionale”)**: l’uso moderato di alcol è promosso (a bassi dosaggi si evidenziano effetti protettivi sulla salute) (produttori).

Alcol e salute: evoluzione delle strategie di salute pubblica



Considerazioni conclusive

- L'introduzione del concetto di **consumo a basso rischio** rispetto ai termini comunemente utilizzati, non scientificamente definiti né appropriati quali “consumo moderato” o “consumo sociale” hanno cambiato completamente l'approccio di salute pubblica relativo al consumo di alcol.
- Il rischio di cancro associato al consumo di alcol è il fattore che più di altri caratterizza la assunzione di alcol come un **potenziale pericolo** rispetto alla **valenza preventiva**.
- Da questo il **non senso di parlare di consumo moderato a scopo preventivo** visto che la protezione per le CVD può essere ottenuta attraverso altre strategie dietetiche quali l'aumento del consumo di F&V, la riduzione del consumo di sale, il controllo del peso, ecc.
- Consentire il consumo a basso rischio **è un compromesso che non ha scopi preventivi semmai scopi edonistici**. Dal punto di vista strettamente clinico è un punto di negoziazione tra medico e paziente quando c'è resistenza alla astensione al consumo.