

# Study: Moderate drinking protects kidneys

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Drinking wine or beer may reduce the risk of kidney cancer, a Swedish study found.

Researchers at the Karolinska Institute in Stockholm surveyed 855 kidney cancer patients and a control group of 1,204 people, *The Local* reported. The study found that people who drink 22 ounces of alcohol a week are 40 percent less likely to develop kidney cancer.

Professor Alicja Wolk said consuming at least two glasses of red wine each week -- or the equivalent of white wine or beer -- appears to have a beneficial effect.

The results were published in the *British Journal of Cancer*.

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