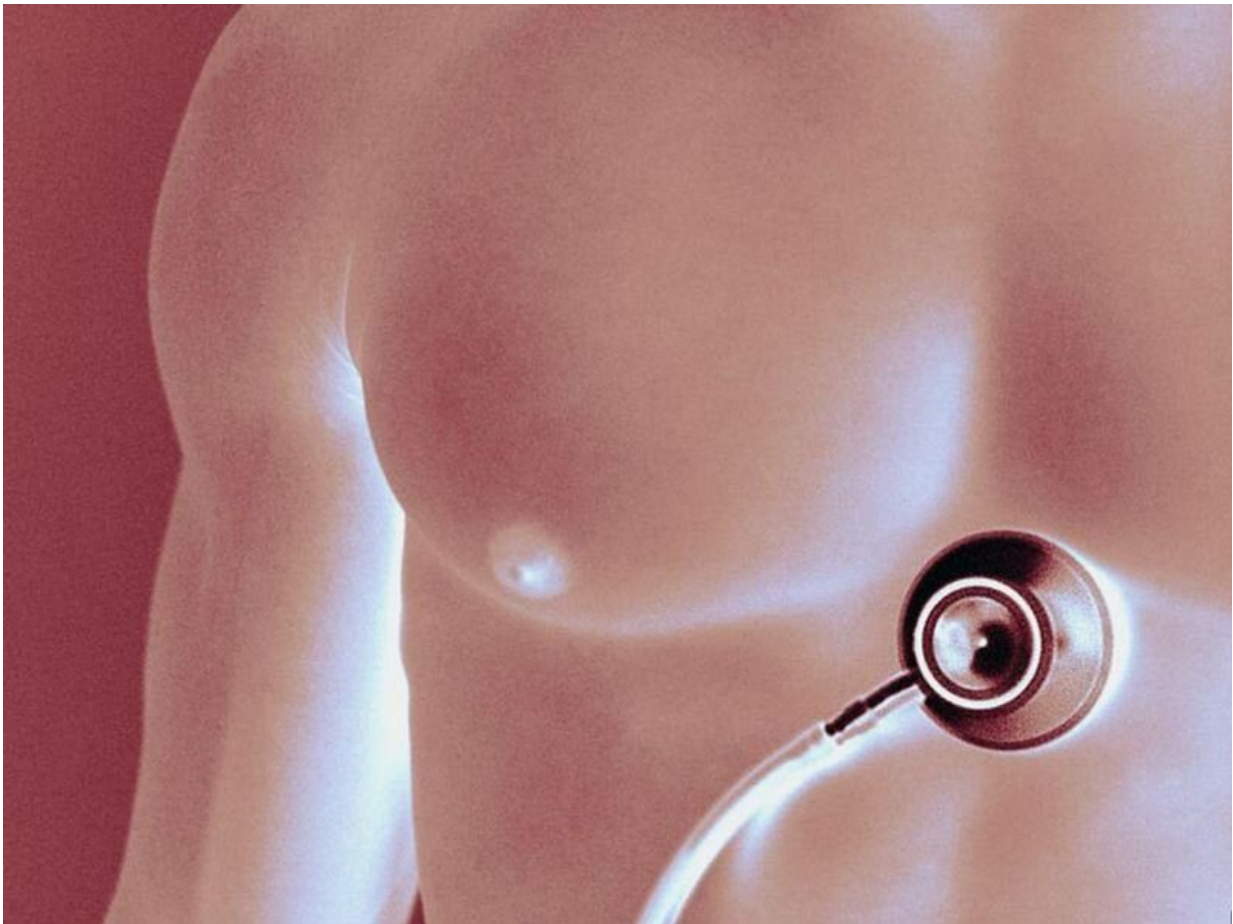


# Total alcohol intake not linked to ventricular arrhythmia risk

December 28 2021

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(HealthDay)—Total alcohol consumption is not associated with an

increased risk for incident ventricular arrhythmia (VA), while there is a U-shaped association for alcohol consumption with the risk for sudden cardiac death (SCD), according to a study published online Dec. 21 in *Heart Rhythm*.

Samuel J. Tu, from the Centre for Heart Rhythm Disorders at the University of Adelaide in Australia, and colleagues characterized associations of total and beverage-specific alcohol consumption with incident VA and SCD using U.K. Biobank data. A total of 408,712 middle-aged adults were studied during a median follow-up of 11.5 years. Alcohol consumption reported at baseline was calculated as standard U.K. drinks/week.

The researchers identified 1,733 incident VA events and 2,044 SCDs. There was no clear association for incident VA with total alcohol consumption. Consumption of greater amounts of spirits was associated with increased VA risk, but there were no other significant beverage-specific associations. A U-shaped association was seen for SCD with total alcohol consumption, with the lowest risk noted for consumption of

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