

# Low-volume, daily alcohol consumption not protective against death

April 3 2023, by Lori Solomon

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Daily low or moderate alcohol intake is not significantly associated with

all-cause mortality risk, but risk increased at higher consumption levels, particularly for women, according to a review published online March 31 in *JAMA Network Open*.

Jinhui Zhao, Ph.D., from University of Victoria in British Columbia, Canada, and colleagues conducted a systematic literature review to examine the association between alcohol use and all-cause mortality.

Based on 107 included [cohort studies](#) (4.8 million participants and 425,564 deaths available), the researchers found that when adjusting for potential confounding effects of sampling variation, former drinker bias, and other prespecified study-level quality criteria, there was no significant reduced risk for all-cause mortality among occasional (>0 to

Citation: Low-volume, daily alcohol consumption not protective against death (2023, April 3) retrieved 23 April 2024 from <https://medicalxpress.com/news/2023-04-low-volume-daily-alcohol-consumption-death.html>

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