Vin alcool Alzheimer démence sénile vieillissement cérébral

Wine Alcohol Dementia Brain Aging Alzheimer

Quelques publications rassemblées par Denis Corpet, pour lui-même. Sept 2011

*** Barberger-Gateau**, P. & Berr, C. Nutrition et vieillissement cérébral: approche épidémiologique, Lettre Sci IFN, juin 2005
Résumé/DC de l'étude prospective PAQUID:
Buveurs de vin modérés, OR=0.17 (0.05-0.59) de développer une démence dans les 3 ans.
Vit.E plasmatique basse <21µmol/L, RR= 3.
Poissons et crustacés, Non-mangeurs de poisson RR=7 comparé à poisson tous les jours ! ,
Consommation hebdomadaire de poisson RR=0.7 (0.5-0.9) comparé à jamais poisson.
Idem avec mesure des AGPI dans la graisse corporelle.
Pour mémoire, « fardeau » d'Alzheimer = 18% des 75 ans et plus.

*** Mehlig** K, Skoog I, Guo X, Schütze M, … , Björkelund C, Lissner L.
Alcoholic beverages and incidence of dementia:
34-year follow-up of the prospective population study of women in Goteborg
Am J Epidemiol. 2008 Mar 15;167(6):684-91.

The objective of this study was to assess the association between different types of alcoholic beverages and 34-year incidence of dementia. Among a random sample of 1,462 women aged 38-60 years and living in Göteborg, Sweden, in 1968-1969, 164 cases of dementia were diagnosed by 2002. At baseline as well as in 1974-1975, 1980-1981, and 1992-1993, the frequency of alcohol intake, as well as other lifestyle and health factors, was recorded and related to dementia with Cox proportional hazard regression, by use of both baseline and updated covariates.

Wine was protective for dementia (hazard ratio (HR) = 0.6, 95% confidence interval (CI): 0.4, 0.8) in the updated model, and the association was strongest among women who consumed **wine only (HR = 0.3**, 95% CI: 0.1, 0.8).

After stratification by smoking, the protective association of wine was stronger among smokers. In contrast, consumption of spirits at baseline was associated with slightly increased risk of dementia (HR = 1.5, 95% CI: 1.0, 2.2). Results show that wine and spirits displayed opposing associations with dementia. Because a protective effect was not seen for the other beverages, at least part of the association for wine may be explained by components other than ethanol.

*** Streppel** M T, M C Ocké, H C Boshuizen, F J Kok and D Kromhout
Long-term wine consumption is related to cardiovascular mortality and life expectancyindependently of moderate alcohol intake: theZutphen Study
J Epidemiol Community Health. 2009. doi:10.1136/jech.2008.082198 BMJ

Background: Light to moderate alcohol intake lowers the risk of cardiovascular mortality, but whether this protective effect can be attributed to a specific type of beverage remains unclear. Moreover, little is known about the effects of long-term alcohol intake on life expectancy.

Methods: The impact of long-term alcohol intake and types of alcoholic beverages consumed on cardiovascular mortality and life expectancy at age 50 was investigated in the Zutphen Study, a cohort of 1373 men born between 1900and 1920 and examined repeatedly between 1960 and2000. Hazard ratios (HRs) for total alcohol intake and alcohol from wine, beer and spirits were obtained from timedependent Cox regression models. Life expectancy at age 50was calculated from areas under survival curves.

Results: **Long-term light alcohol intake, that is (20 g per day, compared with no alcohol, was strongly and inversely associated with cerebrovascular (HR 0.43, 95%CI 0.26 to 0.70**), total cardiovascular (HR 0.70, 95% CI0.55 to 0.89) and **all-cause mortality (HR 0.75, 95% CI0.63 to 0.91)**. **Independent of total alcohol intake, long term wine consumption** of, on average, less than half a glass per day was strongly and inversely associated with coronary heart disease (HR 0.61, 95% CI 0.41 to 0.89), total cardiovascular (HR 0.68, 95% CI 0.53 to 0.86) and all-cause mortality (HR 0.73, 95% CI 0.62 to 0.87).

These results could not be explained by differences in socioeconomic status. Life expectancy was about 5 years longer in men who consumed wine compared with those who did not use alcoholic beverages.
Conclusion: Long-term light alcohol intake lowered cardiovascular and all-cause mortality risk and increased life expectancy. Light wine consumption was associated with 5 years longer life expectancy; however, more studies are needed to verify this result.

Traduction de l'étude ci-dessus: **Un demi-verre de vin par jour augmenterait l'espérance de vie de 5 ans**

Boire jusqu'à un demi-verre de vin par jour peut prolonger l'espérance de vie de cinq ans chez les hommes, selon une étude néerlandaise publiée par une revue spécialisée. Consommer jusqu'à 20 grammes d'alcool, quel qu'il soit, par jour permet de vivre environ deux ans de plus, selon cette étude de l'université de Wageningen (Pays-Bas) publiée par le Journal of Epidemiology and Community Health.

Au-delà de cette quantité, l'espérance de vie commence à diminuer. Les hommes qui ne boivent que du vin (l'étude ne précise pas de couleur), à condition de ne pas dépasser un demi-verre par jour, voient leur espérance de vie prolongée d'environ deux ans et demi par rapport à ceux qui consomment régulièrement de la bière ou d'autres alcools. Mais ils peuvent espérer vivre cinq ans de plus que ceux qui ne boivent pas d'alcool du tout, a conclu cette étude menée auprès de près de 1.400 hommes suivis sur quatre décennies, entre 1960 et 2000.

Les chercheurs de l'université néerlandaise ont analysé le type d'alcool consommé, la quantité, le poids et la consommation éventuelle de tabac des hommes étudiés, tous styles de vie, origine sociale et habitudes alimentaires confondues. La consommation de vin permet notamment de réduire les risques de maladies coronariennes ou cérébrovasculaires, a conclu cette étude. Les recherches ont également permis de constater que la proportion des hommes buvant de l'alcool avait presque doublé sur les 40 ans de l'étude, passant de 45 % en 1960 à 86 % en 2000. La proportion des consommateurs de vin est passée de deux à 44 % sur la même période.

* **Sun Q**, Townsend MK, Okereke OI, Rimm EB, Hu FB, et al. (**2011**)
Alcohol Consumption at Midlife and Successful Ageing in Women:
A Prospective Cohort Analysis in the Nurses' Health Study.
PLoS Med 8(9): e1001090. doi:10.1371

Observational studies have documented inverse associations between moderate alcohol consumption and risk of premature death. It is largely unknown whether moderate alcohol intake is also associated with overall health and well-being among populations who have survived to older age. In this study, we prospectively examined alcohol use assessed at midlife in relation to successful ageing in a cohort of US women.

Alcohol consumption at midlife was assessed using a validated food frequency questionnaire. Subsequently, successful ageing was defined in 13,894 Nurses' Health Study participants who survived to age 70 or older, and whose health status was continuously updated. "Successful ageing" was considered as being free of 11 major chronic diseases and having no major cognitive impairment, physical impairment, or mental health limitations. Analyses were restricted to the 98.1% of participants who were not heavier drinkers (>45 g/d) at midlife. Of all eligible study participants, 1,491 (10.7%) achieved successful ageing. After multivariable adjustment of potential confounders, light-to-moderate alcohol consumption at midlife was associated with modestly increased odds of successful ageing. The odds ratios (95% confidence interval) were 1.0 (referent) for nondrinkers, 1.11 (0.96–1.29) for ≤5.0 g/d, 1.19 (1.01–1.40) for 5.1–15.0 g/d, **1.28 (1.03–1.58) for 15.1–30.0 g/d**, and 1.24 (0.87–1.76) for 30.1–45.0 g/d. Meanwhile, independent of total alcohol intake, participants who drank alcohol at **regular patterns** throughout the week, rather than on a single occasion, had somewhat better odds of successful ageing; for example, the odds ratios (95% confidence interval) were 1.29 (1.01–1.64) and **1.47 (1.14–1.90)** for those drinking 3–4 days and **5–7 days per week** in comparison with nondrinkers, respectively, whereas the odds ratio was 1.10 (0.94–1.30) for those drinking only 1–2 days per week.

These data suggest that regular, moderate consumption of alcohol at midlife may be related to a modest increase in overall health status among women who survive to older ages.