

# BULLETIN OF *The Society of Medical Friends of Wine*



**VOLUME 45 -- 2004**

*“The object of the Society of Medical Friends of Wine is to stimulate scientific research on wine, develop an understanding of its beneficial effects, and encourage an appreciation of the conviviality and good fellowship that are a part of the relaxed and deliberate manner of living that follows its proper use”*

Dear Fellow Members,

This letter from the incoming President is usually written at the beginning of the President’s term, but we are now almost half way through the calendar year, so some matters can be abbreviated.

First, I would like to thank Mark LeClerc for his work and effort in putting together a successful year in 2004. I would also like to thank the other members of the executive committee, Larry Dennen and Ellen Mack, for their efforts last year and this year please join me in welcoming Randy Wong as our new Treasurer.

The calendar year started with an interesting dinner at the California Culinary Academy with a talk by Dr. Tedd Goldfinger of Desert Heart Institute summarizing some of the heart health benefits of moderate wine consumption. Next we had interesting evening at the Stanford Faculty Club with a tasting of wines from physician owned wineries; David Bruce, Thomas Fogarty and Wells Shoemaker. Our annual wine country tour is scheduled for September 24<sup>th</sup>. and we have arranged a tasting of great wines at Etude (Carneros), then at the

spectacular setting at Kathryn Hall Estate (above Rutherford Hill) and finally dinner in the caves at Rutherford Hill in conjunction with Napa Valley Chapter of International Food and Wine Society. This is not to be missed! Our next dinner is scheduled for October 29<sup>th</sup>. at the Stanford Court Hotel and promises to be an interesting evening with great food and wine and an historical “Review of Wine Drinking in Biblical Times” speech. Finally our annual business meeting is scheduled January 28<sup>th</sup>. at Campton Place Hotel.

One of my ambitions in the past year and into the future is to see if there is interest in making “The Society of Medical Friends of Wine” into a national organization. If anyone is interested in working on this or on any of the committees or dinner chairs, please let Susan Guerguy know at 925-933-9691 or marq@inreach.com.

We hope you find your membership enjoyable and rewarding as we look forward to many successful events in the future.

Sincerely,  
*Thomas P. Kenefick* M.D.  
President 2005

## **2005 - 2006 CALENDAR**

BOG .....	Thursday, February 24th. SF Yacht Club, Tiburon
229th Quarterly Dinner .....	Tuesday 1st. March Culinary Academy SF.
230th Quarterly Dinner .....	Friday, June 24th Stanford Faculty Club
Wine Tasting.....	Sunday, August 21st., Alamo
Vintage Tour .....	Saturday, September 24th. No. Napa Valley Etude, Kathryn Hall Estate, Rutherford Hill Cave
231st Quarterly Dinner.....	Saturday, October 29th. Stanford Court Hotel
BOG .....	Wednesday, November 16th. Palio d’Asti/Truffle Dinner
67th Annual Dinner .....	Saturday, January 28 2006 Campton Place Hotel

*The Society of Medical Friends of Wine*

[www.medicalfriendsofwine.org](http://www.medicalfriendsofwine.org)

511 Jones Place, Walnut Creek CA 94597

Telephone: (925) 933-9691

**Officers of the Society 2004-2005**

MARK LeCLERC, MD .....	President
THOMAS KENEFICK, MD .....	Vice-President
LAWRENCE DENNEN, MD .....	Secretary
ELLEN MACK, MD .....	Treasurer
JAMES SEFF, JD.....	Legal Counsel
L.GREGORY SCOTT CPA .....	Accounting Counsel
SUSAN GUERGUY .....	Exec. Secretary

Board of Governors - Voting Members

GREGG ADAMS, M.D.	MARK LECLERC, M.D.
SARAH BEEKLEY, M.D.	HOWARD MACCABEE, M.D. Ph D.
ROBERT A. CLARK, M.D.	ELLEN MACK, M.D.
LAWRENCE E. DENNEN, M.D.	DAVID NEWHOUSE, M.D.
RICHARD E. GEIST, M.D.	MARK E.ROSENBERG, M.D.
THOMAS P.KENEFICK, M.D.	VALERY UHL, M.D.
IAN LEVERTON, M.D.	RANDALL WONG, M.D.

Past Presidents, Governor Emeritus

ROBERT K. ADAMSON, M.D.	C.MICHAEL KNAUER, M.D.
T.L.ALTHAUSEN, JR., M.D.	CHARLES P. LEBO, M.D.
ANDRES ANACKER, M.D.	HOWARD MACCABEE, PhD. M.D.
DONALD BEERLINE, M.D.	DAVID NEWHOUSE, M.D.
GULSHAN BHATIA, MRCP(UK)	L. SANDY MARGOLIS, M.D.
ROBERT S. BLUMBERG, M.D.	EARL B. MITCHELL, M.D.
BRADLEY BROWNSON, M.D.	ROBERT A. O'REILLY, M.D.
EDWIN L. CARLSON, M.D.	BYRON C. PEVEHOUSE, M.D.
STANLEY N. COHEN, M.D.	STANTON G. SCHWARTZ, M.D.
ALFRED A. DE LORIMIER, M.D.	JAMES S. SHAPIRO, M.D.
KEMP DOERSCH, M.D.	WILLIAM J. SIEGEL, M.D.
ROGER R. ECKER, M.D.	MARVIN F.SMOLLER, M.D.
FRANK HINMAN, JR. M.D.	RONALD F. UNZELAMN, M.D.
BENJAMIN ICHINOSE, D.D.S	MALCOLM S. M. WATTS, M.D.
HILLIARD KATZ, M.D	

Committees

Admissions:	President, Vice-President, Secretary
Bulletin:	A. de Lormier, <b>H. Maccabee</b> , M. Beekley, M. Knauer, V.Uhl, R.Unzelman
Nominating:	The President and the immediate past 2 Presidents
Research:	R. Unzelman, A. de Lormier, S. Cohen, M. Knauer, F. Kolb, O'Reilly
Wine Aging:	R. Blumberg, L. Dennen, M. LeClerc, M. Rosenberg, W. Siegel

---

“Wine, one sip of this bathe the drooping spirits in delight beyond the bliss of dreams. Be wise and taste.” – John Milton

## IN MEMORIAM

This past year the Society lost two of its past presidents and most valued and loyal members. Dr. Henry Ritter, President 1993 and member since 1958 died in December. We were especially saddened by the news that Dr. Bill Dickerson and his wife were killed in the Tsunami in Thailand on 12.17.04. Dr. Bill Dickerson had been a member since 1961 and past president in 1988. Although accomplished as a psychiatrist, most knew him as just Bill, a good-humored Oklahoma farm boy who stumbled onto some of the best vines in California. His Zinfandel was award winning and so esteemed it sold out through mail order. He had been in private practice for 40 years in Kentfield and contributed so much to SMFW and its members. We also lost Dr. L. Nakamura last May.

### Gene Ford

December 19, 1927 – June 10, 2005

Gene Alan Ford died of complications following surgery. He was surrounded by his loving family.

Gene was born in Cedar Rapid, Iowa and enjoyed farm life and an easy childhood. At the end of World War II, Gene graduated from high school and served as a control tower operator in the U.S. Navy. After discharge, he attended Coe College, University of Iowa, Catholic University of America and Columbia University. Gene and Patty Gorman met at Catholic University and were married in 1951.

Gene had a love of life and of work. His interest in wines blossomed while working as sales manager for the western region of Christian Brothers Wines in Seattle and he began his passionate education and interest in the history and lore of fine wines there. He retired from Christian Brothers Wines at the age of 60 and commenced a prolific career as a renowned writer in the science of healthy drinking of wines, brews, and spirits. His skills as a researcher and journalist helped influence the nation's awakened recognition and interest in the so-called French Paradox of healthy drinking. During the next 17 years, he wrote eight books and many articles, published a magazine for several years, and produced training audio and video programs on the subject. In 2001 he was named "Wine Writer of the Year" by the Wine Appreciation Guild. Gene spoke mostly recently to SMFW at the 219<sup>th</sup>. Quarterly Dinner at the Olympic Club Lakeside 10<sup>th</sup>. October 2002.

His book, "The Science of Healthy Drinking" received an international award as Best Wine Literature of 2003.

He also wrote Ford's Illustrated Guide to Wines, Brews and Spirits, 1978 textbook, Ford's ABCs of Wines, Brews and Spirits 1987, The Benefits of Moderate Drinking, Alcohol, Health and Society 1988, Drinking and Health: The Good News, The Bad News and the Propaganda 1990

-S. Guerguy

### Stan Schwartz M.D.

Jan 2, 1934 – July 24, 2005

Stanton Gene Schwartz was born and grew up in Cincinnati. He met his wife Helène while chief resident in neurology at Northwestern University Hospital. They moved to California in 1966 where they raised their three children. Stan was passionate about his family, medicine, classical music, food and wine.

He was a stalwart member of the Society of Medical Friends of Wine and a strong leader, who not only served as President, but as an inspiration to many of the younger generation of the Society. In addition to being a world-class connoisseur of food and wine, he was a gourmet chef. His expertise was recognized by the Bacchus Society of America, who elected him "Mr. Gourmet" in 1992.

Stan was also a great contributor to medicine. He was not only a talented and well-respected neurologist, but also the driving force to bring "state-of-the-art" brain imaging to Northern California. He and his colleagues brought the nation's first freestanding CT brain imaging center to Walnut Creek in 1979. His leadership resulted in getting the first CT Body Scanner and the first MRI Scanner in the region. These technologies have revolutionized medical imaging in the region and raised the quality of medical care for the whole community.

A memorial service in his honor was held on August 7th, at his home. Many members of the Society attended and heard a tribute by Dr. Paul Chodroff. His wife Helene; his three children, Melissa, Adam and John, and grandchildren, Samuel and Rebecca, survive him.

- H. Maccabee PhD. MD.

## 2004-2005 YEAR IN REVIEW

---

### **Governors Dinner 2/26/04 PlumpJack Café**

Chef James Ormsby outdid himself again and prepared a 6 course dinner which was accompanied with the cellar's 1994 Duckhorn Cabernet and 1987 Kenwood Cabernet.

### **225<sup>th</sup>. Quarterly Dinner 4/7/2004 World Trade Club**

Dr. Howard Maccabee spoke about the "Recent Research on Health Benefits of Wine" bringing the members up to date in the field. Dr. Thomas Paige and Dr. Darlene Lanka sponsored and chaired the event and Chef Serge Queant prepared an excellent roasted sirloin of Bison in keeping with the "Health" theme. Bison is particularly lean and much lower in cholesterol than beef and was accompanied by the cellar's 1988 Chat .Ducru Beaucaillou.

### **226<sup>th</sup>. Quarterly Dinner 6/10/2004 Palio d'Asti Restaurant**

Chef Daniel Scherotter also contributed a great effort to design a special menu for us and the five course dinner was outstanding. Dr. Ronal Krauss spoke on "How to make Lipids better", even though the dinner included Fois Gras! Dr. Larry Dennen chaired the Food and Dr. Gregg Adams with his committee of Dr. Lisa Harpenau and Dr. Randolph Wong went to great length to research wines that would pair particularly well with all of the courses. We also poured the 1988 Chat. Monbrison from the cellar.

### **Vintage Tour 9/11/2004 Napa Valley**

A group of 60 departed from Oakland and San Francisco and met at Pat Kuleto's Estate at 11am. Everyone thoroughly enjoyed touring this beautiful Tuscan estate overlooking Napa Valley in the distance. We then proceeded just a couple of miles up the hill to Nichellini Winery. This is the oldest family owned winery within the Napa district. The family was very hospitable and entertained us during our picnic lunch with wonderful old stories from the time of Prohibition. We then continued back down to the valley and over to Spring Mountain Vineyard. Here again we were well received and the group was split up to tour the beautiful property and the winery. This is the location where "Falcon Crest" series was filmed. We were served an excellent sit down dinner on the lawn under the oak trees in front of this beautiful old house and the setting and the weather completed a memorable day. Dr. Mark LeClerc worked very hard to chair this event, it was also memorable to have been able to visit these estates which are not normally open to the public.

### **Cellar Tasting 9/26/2004 240 Lombard St. S.F.**

Dr. Robert Blumberg organized another very educational tasting and an opportunity to check the status of eight of the Cellar's California Cabernets. This sold out again rapidly and 40 Members tasted the following wines:

1987	Kenwood	1990	Cain Five
1987	Simi	1990	Truchard
1988	La Jota	1991	Beringer Knight's Valley
1988	Ridge Montebello	1994	Livingston , Stanley Vineyard, Napa

### **Governors' Dinner 9/29/2004 Campton Place Hotel**

Once again Chef Daniel Humm served us an outstanding dinner accompanied by our 1998 Nuits St, George.

### **227<sup>th</sup>. Quarterly Dinner 10/29/2004 The Olympic Club on Lakeside**

From Italy we traveled to Germany where Chef Klaus Selb served us a German-inspired menu and Dr. John W. Smith found excellent Rieslings to accompany the first courses. We poured the 1991 Beringer Cabernet with the roasted Saddle of Suckling Pig. We were fortunate to hear our local expert, Dr. Arthur Klatsky, speak on "Red Wine, White Wine, Beer, Liquor and Coronary Risk".

### **66<sup>th</sup>. Annual Dinner 1/29/04 Mark Hopkins Hotel**

Dr. Ron Unzelman was responsible for inviting Dr. Francois Booyse to speak on "New emerging insights into the molecular basis of moderate wine consumption and reduced risk for heart disease". Dr. Booyse is Director of Molecular Cardiology at the University of Alabama, Birmingham and has led a team of over 17 researchers in exploring the cellular, molecular and genetic mechanisms by which wine components reduce and prevent heart disease. In recognition of his research, the Society presented him with the "Leon Adams Research Award". Dr. Larry Dennen worked hard to find suitable Spanish wines, and Dr. Marc LeClerc and Dr. David Newhouse negotiated strongly with the Chef to create a Spanish themed menu. Dr. Daniel Gorman, Dr. Felix Kolb, Dr. Charles Lebo and Dr. Gwilym Lewis were all recognized for having been members of the Society for fifty years! We lost two past presidents in December; Dr. Henry Ritter and Dr. Bill Dickerson. Dr. Byron Pevehouse proposed a toast to honor Dr. Dickerson with our 1992 Dickerson Vineyard Merlot.

---

*"Wine is one of the noble cordials in nature... I cannot but think, if your wine is good in kind, suited to your constitution, and taken in small quantities, it is fully as wholesome as any liquor in the world, except water."*

-John Wesley, found of Methodism

## New emerging insights into the molecular basis of moderate wine consumption and reduced risk for heart disease

Francois M. Booyse, Ph.D.  
Professor of Medicine

*Director, Molecular Cardiology and Center for Wine and Cardiovascular Health  
University of Alabama at Birmingham, Birmingham, Alabama*

---

Epidemiological studies have demonstrated that light-to-moderate consumption of alcoholic beverages, including red wine, significantly reduces the risk for coronary artery disease (CAD) and CAD-related mortality, yet the cellular and molecular mechanisms underlying this cardioprotection remain poorly defined and understood. CAD is caused by atherosclerosis (plaque formation) and can be associated with the select rupture of unstable plaques in the heart's major blood vessels (coronary arteries), resulting in the initiation of a sequence of acute thrombotic and atherothrombotic events (blood clot formation) that can translate into a myocardial infarction (coronary artery blockage, MI) or stroke or eventually, CAD-related mortality. Major wine components (i.e. alcohol and individual principal polyphenols) have been shown to alter a diverse array of biological functions that affect lipoprotein profiles as well as many other important vascular, hemostatic and myocardial functions that may each have potential heart protective benefits.

Molecular mechanisms will be identified and defined by which individual wine components may provide heart protection by affecting hemostatic function. More specifically, studies will focus only on the pathway(s) associated with cells lining the blood vessels (i.e. endothelial cells, ECs) that are directly involved in dissolving ("busting") blood clots (fibrinolysis). Circulating systemic factors, such as individual wine components, that can increase EC-mediated "clot busting" activity or potential will be expected to provide protection by significantly reducing the overall risk and consequences associated with the acute formation of CAD (plaque)-induced blood clots (or thrombi) leading to a MI. Combined studies with human EC cultures (umbilical vein and coronary artery) and animal models (rats and genetically-deficient mice) have been used to delineate the molecular basis and mechanisms by which individual wine components can activate ECs at the cellular, molecular and gene levels to increase and sustain their clot "busting" potential. Alcohol and each of the individual principal polyphenols (catechin, epicatechin, quercetin and resveratrol), at their respective concentrations present in ~1-2 drinks/day (moderate consumption), have all been shown to significantly increase (~2- to 4-fold) the levels of the two key enzymes (tissue plasminogen activator, t-PA and urokinase, u-PA) involved in and responsible for the clot "busting" activity in ECs. We have also demonstrated that wine component-induced increased t-PA and u-PA expression is

associated with ~3- to 4-fold increase in clot "busting" activity/potential in cultured ECs, as well as in animal models (real-time in vivo fluorescence imaging analysis of clot lysis, following exposure to individual components for 2-4 weeks in water/diet). Additional studies have demonstrated that alcohol and individual polyphenols: activate t-PA and u-PA expression at the level of their respective genes (gene transcription); and, further share a common early membrane signal transduction pathway (involving MAPKs), resulting in the activation of transcription factors and the coordinate or simultaneous increased expression of t-PA and u-PA, as well as their respective binding or receptor proteins, annexin II and u-PAR. Recent studies have now identified the specific regulatory regions (response elements) in the t-PA gene promoter, required for the transcriptional activation of t-PA gene expression by alcohol and quercetin.

In concert, these combined results have identified and defined a common mechanistic pathway describing the sequence of molecular events (surface to gene to protein to function) by which individual wine components (alcohol and polyphenols) may act in combination or perhaps synergistically to initiate the activation of t-PA and u-PA expression in ECs, resulting in the substantial increase in EC clot "busting" activity and potential. Finally, these studies have provided a well-defined molecular basis for the mechanism by which wine component-induced increased fibrinolysis can contribute, in part, to the overall cardioprotective benefits attributed to moderate wine consumption.

### NEW MEMBERS

#### We wish to welcome:

Gary Roberts DDS	Brenda Shank MD
Joseph Gabany DMD	Richard Kramer MD
Gary Cappelletti DDS	Bruce Paterson MD
Richard Carmel MD	Gordon Frierson MD
Scot Pope DDS	W. Byron Smith MD
Vincent Fausone MD	Linda De Meo OTR

*in order of application*

## Abstracts

kindly provided by Wine Institute Research and Education Department  
425 Market Street, Suite 1000, San Francisco, CA 94105

Schaeffner ES et al. Alcohol consumption and the risk of renal dysfunction in apparently healthy men. *Archives of Internal Medicine*, 2005; 165(9):1048-1053.

The authors followed 11,023 initially healthy men for 14 years and categorized their alcohol consumption into four levels.

They concluded that alcohol consumption was not associated with an increased risk of renal dysfunction. Instead, the data suggested an inverse relationship between moderate alcohol consumption and risk of renal dysfunction. This is the first study to show a consistent reduction in the risk of chronic kidney disease in light to moderate drinking.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15883245&query\\_hl=16](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15883245&query_hl=16)

Polednak AP. Recent trends in incidence rates for selected alcohol-related cancers in the United States. *Alcohol*, 2005; 40(3):234-238.

Examines recent trends in incidence rates for cancer types most strongly associated with alcohol use, using data from US cancer registries. Although there was no evidence for a recent plateau in age-standardized annual incidence rates, continued surveillance is needed in view of the recent increases in the prevalence of binge and heavy drinking among US adults.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15797879&query\\_hl=24](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15797879&query_hl=24)

Palamara AT et al. Inhibition of influenza A virus replication by resveratrol. *Journal of Infectious Diseases*, 2005; 191:1719-1729.

The authors find that the plant polyphenol resveratrol strongly inhibits the replication of influenza virus in MDCK cells but that this activity was not directly related to glutathione-mediated antioxidant activity. Rather, it involves the blockade of the nuclear-cytoplasmic translocation of viral ribonucleoproteins and reduces expression of late viral proteins seemingly related to the inhibition of protein kinase C activity and its dependent pathways. That resveratrol acts by inhibiting a cellular rather than a viral function suggests that it could be a particularly valuable anti-influenza drug.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15838800&query\\_hl=26](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15838800&query_hl=26)

Morton LM et al. Alcohol consumption and risk of non-Hodgkin lymphoma: a pooled analysis, *Lancet Oncology*, 2005;6(7):469-476.

Researchers from Yale University and the National Cancer Institute found that people who drink alcohol beverages might have a lower risk of non-Hodgkin lymphoma (NHL) than those who do not, and this risk might vary by NHL subtype.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15992695&query\\_hl=1](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15992695&query_hl=1)

Barstad B et al. Intake of wine, beer and spirits and risk of gastric cancer, *European Journal of Cancer Prevention*, 2005;14(3):239-243.

Researchers from the Copenhagen City Heart Study examined the relation between quantity and type of alcohol and risk of gastric cancer. Total alcohol was not associated with gastric cancer, but type of alcohol seemed to influence risk. Compared with non-wine drinkers, participants who drank 1-6 glasses of wine had a 24% reduction in risk whereas those who drank more than 13 glasses of wine per week had an 84% reduction in risk. There was no association between beer and spirits drinking and gastric cancer.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15901992&query\\_hl=3](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15901992&query_hl=3)

Tolstrup JS et al. The relation between drinking pattern and body mass index and waist and circumference. *International Journal of Obesity*, 2005; 29(5):490-497.

In a large study of Danish men and women, the authors found that, for a given level of total alcohol intake, obesity was inversely associated with drinking frequency, whereas the amount of alcohol intake was positively associated with obesity. These results indicate that frequent drinking of small amounts of alcohol is the optimal drinking pattern.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15672114&query\\_hl=20](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15672114&query_hl=20)

Lukasiewicz E et al. Alcohol intake in relation to body mass index and waist-to-hip ratio: the importance of type of alcoholic beverage. *Public Health Nutrition*, 2005; 8(3):315-320.

In a large study of French men and women, the authors found a J-shaped relationship between total alcohol consumption and WHR in both sexes and between TAC and BMI in men only. The same relationships were observed with wine. Spirits consumption was positively associated with BMI also for men and women but no relationship was found between beer consumption and BMI or WHR. Results indicate that consumption of alcohol beverages may be a risk factor for obesity.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15918929&query\\_hl=22](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15918929&query_hl=22)

Paschall M et al. Wine preference and related health determinants in a US national sample of young adults. *Drug and Alcohol Dependence*, 2005; 78:339-344.

The study examines relationships between wine preference and selected health determinants in a US national sample of 12,958 young adults to improve understanding of the association between light-moderate wine consumption and long-term morbidity and mortality risk. The findings indicate that wine preference in young adulthood is related to educational, health, and lifestyle characteristics that may help to explain the association between light-moderate wine consumption and morbidity and mortality risk in later adulthood.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15893165&query\\_hl=11](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15893165&query_hl=11)

## **Wine and Health Abstracts**

*Prepared by C. Michael Knauer*

Stampfer, M.J. et al: Effects of moderate alcohol consumption and cognitive function in women. *NEJM* 2005; 352:245-253.

Habitual excess alcohol intake is well known to impair the brain. Moderate alcohol intake is known to decrease the risks of cardiovascular disease. The risks of cardiovascular disease and cognitive impairment share common risks factors, therefore, to assess moderate alcohol intake on cognitive function, a study was initiated.

Utilized was the nurses' health study started in 1976 with 121,700 registered female nurses, age 30-55. In 1995 participants who were 70 or older were identified for the study. Of the 21,202 nurses contacted, 93 completed a telephone cognitive interview. Follow-ups average 1.8 years in 93%. Information as to use of type of alcohol beverage was collected every four years or so between 1980 and 1998. Of the participants, 51% were non-drinkers, 44% drank 1-14 gms alcohol per day and 5% drank 15-30 gms per day. Cognitive testing with scoring criteria were set up. Cognitive decline was measured during the 1995-98 period at 1.8 year interval.

Conclusion: Women who drink up to one drink per day have no impairment of cognitive function and they actually have a decrease in the risk of cognitive decline. Please be sure to read the accompanying editorial in that issue of the *NEJM*.

Mukamal, KJ et al: Alcohol and risk for ischemic stroke: The role of drinking patterns in usual beverage. *Ann Int Med* 2005; 142:11-19.

Moderate alcohol consumption has been shown to lower the risks from myocardial infarction, its relationship to the incidents of ischemic stroke is unclear.

This study of 38,156 male health professionals (starting age of 40-75) over a 14-year period related alcohol consumption and incident ischemic stroke. Initial dietary and medical histories were obtained and those with cardiovascular disease, cancer, incomplete baseline data and those not drinking at baseline but had been drinking over the

prior 10 years were eliminated, leaving the above group. Follow up was biannual, by questionnaire, medical reports and autopsy reports. The questionnaires detailed dietary and alcohol drinking patterns to include type. Study members were classified as: 1) abstainers, 2) light drinkers (0.1-9.9 gm per day); 3) moderate (10-29.9 gms per day) and 4) heavier (greater than 30 gm of alcohol per day). Alcohol portions were 12.8 gms for beer (12 ounces), 11 grams for wine (4 ounces) and 14 grams for liquor (1 ounce). Stroke was defined as a typical neurologic deficit of rapid or sudden onset lasting at least 24 hours. Confounding factors such as diet, diabetes, smoking were controlled.

Results showed light drinkers (RR-0.99) had a similar risk to abstainers (RR-1.00). The heavy drinkers had slight increased risk (RR-1.42) and when controlled for hypertension (RR-1.22). Beer, wine and liquor had no differentiating effects. For red wine drinkers, the multi-variate adjusted risk for light drinkers was RR-0.77 and for moderate drinkers RR-0.54 with a P value of 0.01. In summary, 1) light drinking lowered risks of thrombotic stroke; 2) red wine drinking had an inverse association with ischemic stroke; 3) more than two drinks per day in men increased the risks for ischemic stroke.

## **WINE, LIQUOR, BEER AND MORTALITY**

Arthur L. Klatsky,<sup>1,2</sup> Gary D. Friedman,<sup>2</sup> Mary Anne Armstrong,<sup>2</sup> Harald Kipp<sup>2</sup>1. Division of Cardiology, Department of Medicine, Kaiser Permanente Medical Center, Oakland CA.

2.Division of Research, Kaiser Permanente Medical Care Program, Oakland CA.

**Corresponding Author:** Arthur L. Klatsky, M.D., Senior Consultant in Cardiology,

Kaiser Permanente Medical Center, 280 West MacArthur Boulevard, Oakland, CA 94611

### **ABSTRACT**

Substantially increased risk in heavy drinkers and slightly reduced risk in lighter drinkers results in the J-shaped alcohol-mortality curve. Limited data suggest a more favorable mortality experience for drinkers of wine than of liquor or beer. To examine these relations we performed a cohort study in a large Northern California prepaid health care program. Demographic and history data were collected from 128 934 adults undergoing health evaluations in 1978-1985 with subsequent death ascertained by an automated linkage system. Cox models with eight covariates determined relative risk estimates according to total alcohol intake and days per week of drinking wine, wine types, beer or liquor. The J-shaped alcohol-mortality relation was stable for 20 years. Independently, wine frequency was associated with lower mortality risk ( $p < 0.001$ ), due largely to lower coronary disease risk. Similar risk reductions were associated with red, white, other or combinations of wine types. Much of the lower risk associated with light drinking was related to wine drinking. We conclude that drinkers of any type of wine have lower mortality risk than beer or liquor drinkers, but it remains unclear whether this is due to non-alcoholic wine ingredients, drinking pattern or associated traits.

RECENT MEDICAL RESEARCH ON HEALTH BENEFITS  
OF MODERATE WINE AND ALCOHOL INTAKE

The following annotated research references were culled by Dr. Maccabee from Medline searches of the scientific literature on health benefits of wine consumption, for presentation in 2004 and 2005.

A. EFFECTS ON CARDIOVASCULAR DISEASE AND STROKE

Among men, consumption of alcohol at least 3 to 4 days per week was inversely related with myocardial infarction. Mukamal, K.J., et al. N.E. Journal of Med. (2003) Jan 9; 348 (2) 109.

In men with pre-existing cerebrovascular disease, light drinkers had risk of total mortality of 0.64, and 0.56 for cardiovascular mortality. Moderate drinkers' risks were 0.71 and 0.64, respectively (one or more drinks daily). Jackson, V. A., et al. Arch. Int. Med. (2003) Oct. 27; 163 (10) 1189.

Moderate wine drinking reduced risk of cardiovascular complications by 59% after recent acute myocardial infarction. DeLorgeril, M., et al. Circulation (2002) Sept. 17; 106 (12) e9029.

Light or moderate alcohol consumption "may be" protective against total and ischemic stroke. Reynolds, K., et al. JAMA (2003) Feb. 5; 289 (5) 579.

B. MECHANISMS OF CARDIOVASCULAR BENEFITS

Alcohol mediated enhancement of post-prandial lipemia contributes to an increase in plasma HDL and decreased risk of cardiovascular disease. Chung, et al. Am. J.Clin. Nutr. (2003) Sept., 78(3) 391-9.

Wine flavonoids protect against LDL oxidation and atherosclerosis. Avian, M., et al. Ann. NY Acad.Sci. (2002) May; 957, 146.

Moderate alcohol consumption was associated with lower concentrations of C-reactive protein; through an anti-inflammatory mechanism. Albert, M.A., et al. Circulation 2003) Jan 23, 107(3) 443.

Red wine increases the expression of human endothelial nitric oxide synthase, a mechanism that may contribute to its beneficial cardiovascular effects. Wallerath, T., et al. J. Am. Coll. Cardiol. (2003) Feb. 5, 41 (3) 471.

Both clinical and experimental evidence suggest that red wine does indeed offer a greater protection to health than other alcoholic beverages. This has been attributed to grape-derived anti-oxidant phenolic compounds. Burns, J., et al. Nutr. Metab. Cardiovas. Dis. (2001) Aug; 11 (4) 249.

C. BENEFITS IN OTHER DISEASES

Moderate alcohol consumption is associated with a decreased incidence of diabetes mellitus and a decreased incidence of heart disease in persons with diabetes. Howard, H. A., et al. Ann. Int. Med. (2004) Feb.3 140 (3) 211-9.

Moderate female consumers had less total body fat and less central abdominal fat than abstainers. Greenfield, et al. (Sydney, Austr.) J. Clin. Endocrine Metab. (2003) Nov; 88 (11) 5381.

Intake of all alcoholic beverage types (in women) is inversely associated with risk of cholecystectomy. Leitzmann, M.F., et al. Am. J. Clin. Nutr. (2003) Aug. 78 (2) 339.

Better psychological functioning and higher social status may largely explain the apparent health benefits of wine. Mortensen, E.L. Arch. Intern. Med. (2001) Aug. 13-27; 161 (15) 1844.

Current drinking was associated with better cognition in both Caucasian and Japanese American groups. Bond, G. E., et al. J. Aging Health (2003) May; 15 (2) 371.

D. OVERALL BENEFIT

Moderate alcohol consumption increases time until death (longevity) by approximately 3%: NHANES Federal Health Survey. [Agrees with H. Maccabee estimate of 1-2yr. life extension.]