




Everything in Moderation, Including Moderation

MAKING SENSE OF WINE, ALCOHOL AND HEALTH



Society of Wine Educators 42nd Annual Conference Finger Lakes, New York

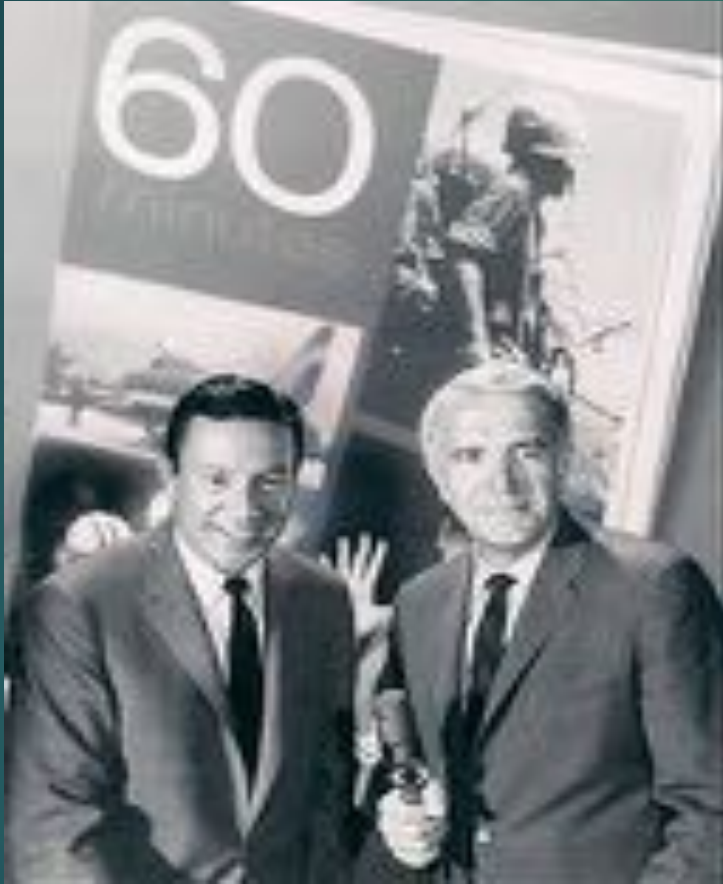
Matilde Parente, MD, FCAP

writeonwines@gmail.com

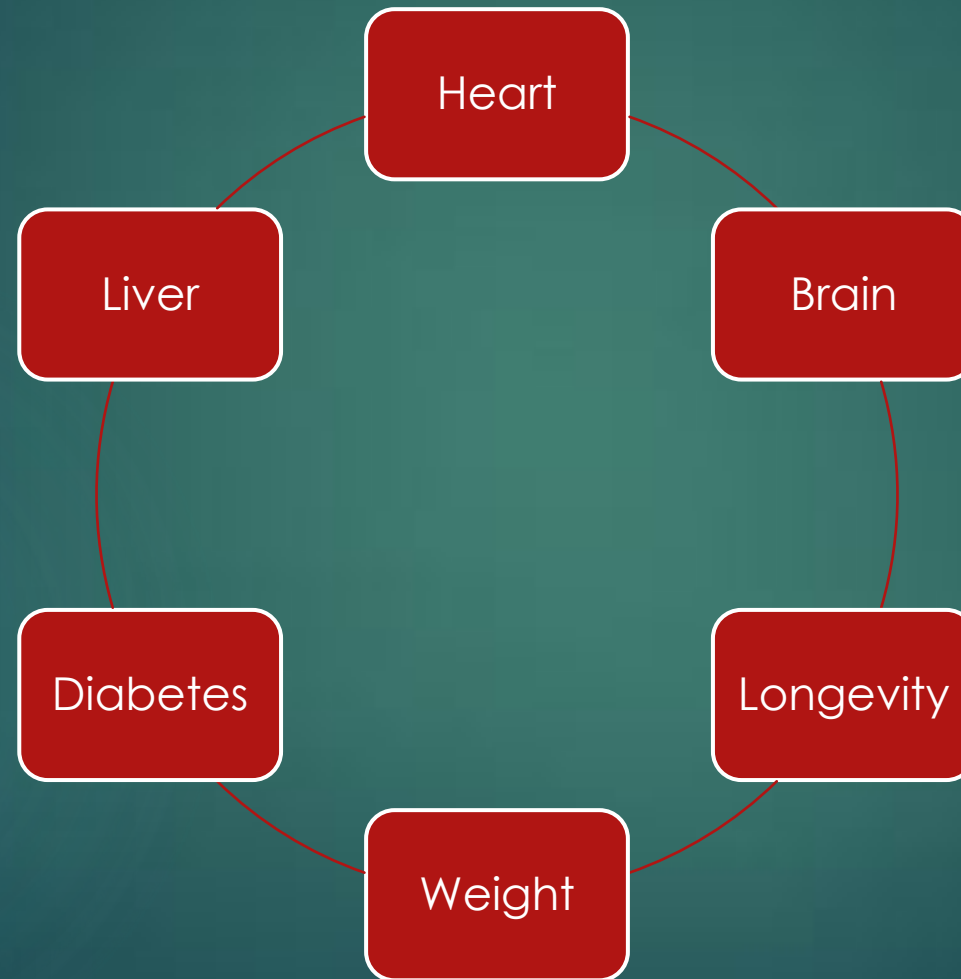
www.writeonwines.com

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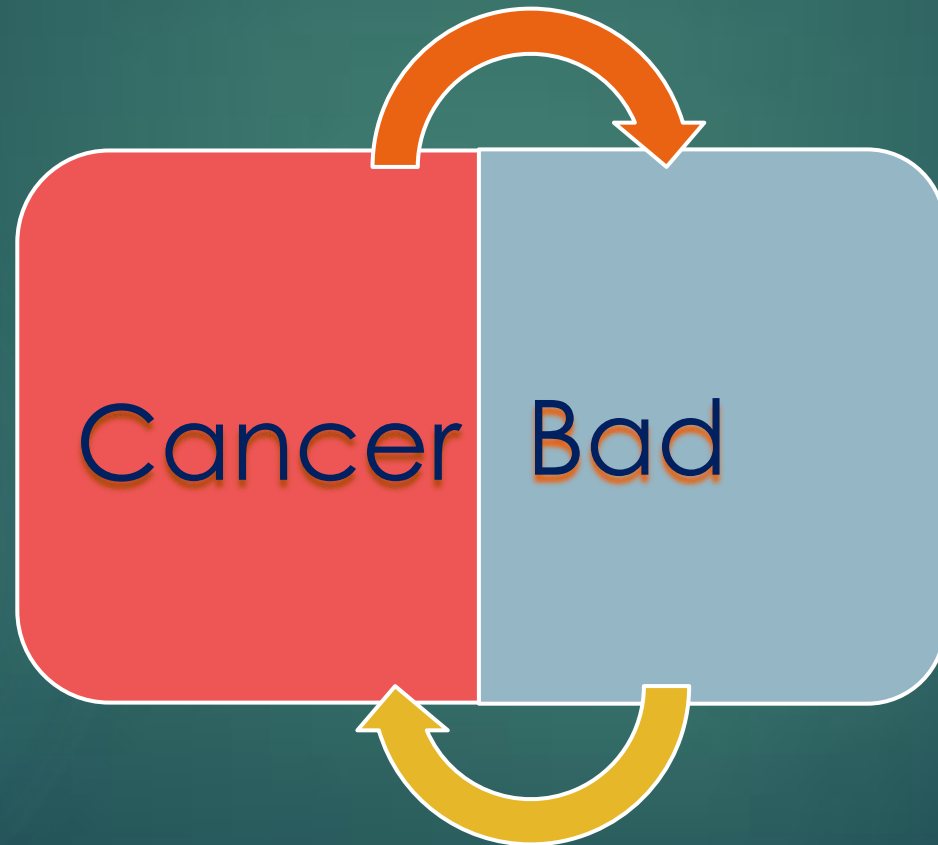
From 1991 to 2015



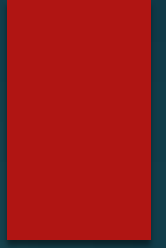
From Heyday ...



... to May Day



Who Let the Air Out?





myclutterqueen.com

Cockeyed Optimist



Hot Off the Press



Healthification

How & What

Hangover

Sleep

Genes

But Wait – There's More!

Cancer

Detox

Anti-tox

Lifespan

Diet & Weight

Sunday Bloody Sunday

"All the News That's Fit to Print"

The New York Times

National Edition
Sunday, March 26, 2018
\$5.00

VOL. CLXXII — No. 37,935
SUNDAY, MARCH 26, 2018



A Past Washing Away

Rising sea levels are rapidly eroding Easter Island's coast, the United Nations warns, threatening to erase many of the haunting statues built there a thousand years ago. Also at risk of disappearing: the island's forest. Page 14.

Firm That Assisted Trump Exploited Data of Millions

Information Harvested From Facebook Was Used in Profiling of Unclear Voters

The article is by Matthew Rosenberg, Nicholas Confessore and Cecilia Costantini.

LONDON — In the quietest and most profitable company Cambridge Analytica prepared to walk into the 2016 American presidential election, it had a problem.

The British-owned firm had been hired by Robert Murdoch, the wealthy Republican donor and grand son of the late British Prime Minister, to help the president of the United States win the White House. But the firm had a problem: It did not have the data to make its new products work.

To do this, the firm harvested private information from the Facebook profiles of more than 50 million users without their permission, according to former Cambridge Analytica employees, associates and documents, making it one of the largest data leaks in the social network's history. The breach allowed the company to exploit the personal and social media activity of a huge swath of the American electorate, developing strategies that underpinned its work on President Trump's campaign in 2016.

As revealed by The New York Times and The Guardian of London, internal New Cambridge Analytica documents show that the firm's primary goal was to

harvest data from Facebook users who had not been previously identified — and Facebook, and more than just Cambridge Analytica, had not been notified of the breach.

Cambridge Analytica paid to acquire the personal information through an online research firm, which was not notified of the breach by Cambridge Analytica.

During a week of interviews with The Times, Facebook employees

Christopher Wylie, who helped build Cambridge and worked there until late 2016, said of its leaders: "They don't matter to them. For them, this is a war, and it's all in." "They want to fight a culture war in America," he added. "Cambridge Analytica was supposed to be the technical weapon to fight that culture war."

Details of Cambridge's acquisition and use of Facebook data have surfaced in several accounts since the business began working on Trump's campaign, setting off a furious debate about the ethics of the firm's so-called psychographic modeling techniques.

But the full scope of the data leak involving Americans has not been previously disclosed — and Facebook, and more than just Cambridge Analytica, had not been notified of the breach.

Cambridge Analytica paid to acquire the personal information through an online research firm, which was not notified of the breach by Cambridge Analytica.

During a week of interviews with The Times, Facebook employees

Pruitt Is Using E.P.A. to Plan

U.S. Wood Alcohol Industry for a Drinking Study

Sunday, March 18, 2018

The New York Times



EDU BAYER FOR THE NEW YORK TIMES

Federal Agency Courted Alcohol Industry to Fund Study on Benefits of Moderate Drinking

Scientists and National Institute of Health officials waged a concerted campaign to obtain funding from the alcohol industry for research that may enshrine alcohol as a part of a healthy diet.

By RONI CARYN RABIN

Fuhgeddaboutdit

ars TECHNICA BIZ & IT TECH SCIENCE POLICY CARS GAMING & CULTURE

STIFF DRINK —

Anheuser-Busch pulls millions from controversial NIH alcohol study

Questions about the study could “undermine its lasting credibility,” company said.

BETH MOLE - 6/9/2018, 6:30 AM



R.I.P.



It Was Supposed to Be an Unbiased Study of Drinking. They Wanted to Call It 'Cheers.'

Buried in a new N.I.H. report are disturbing examples of coordination between scientists and the alcohol industry on a study that could have changed America's drinking habits.

By [Roni Caryn Rabin](#)

June 18, 2018



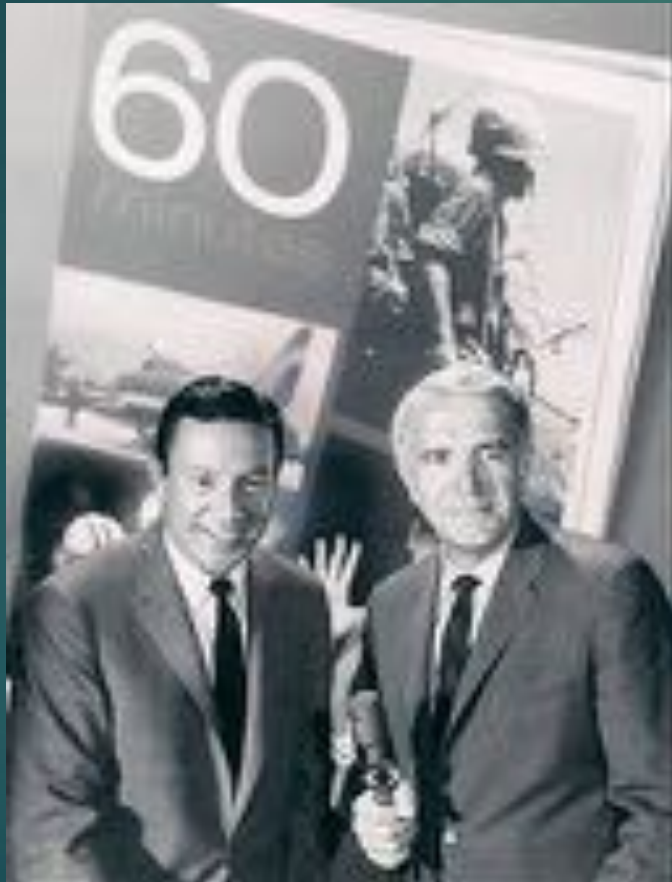
Benjamin Norman for The New York Times

Alcohol & Heart Health



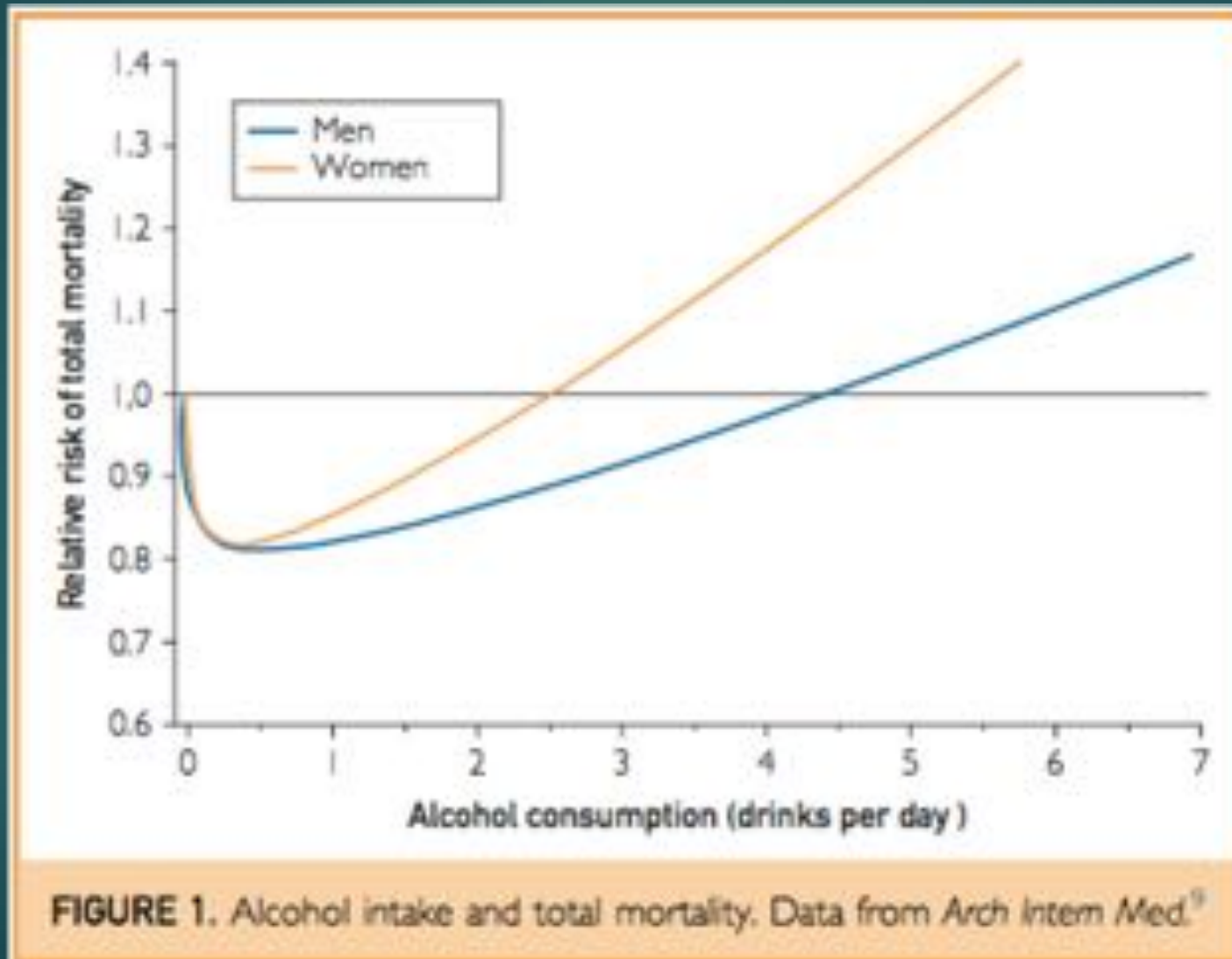
Image: istockphotos

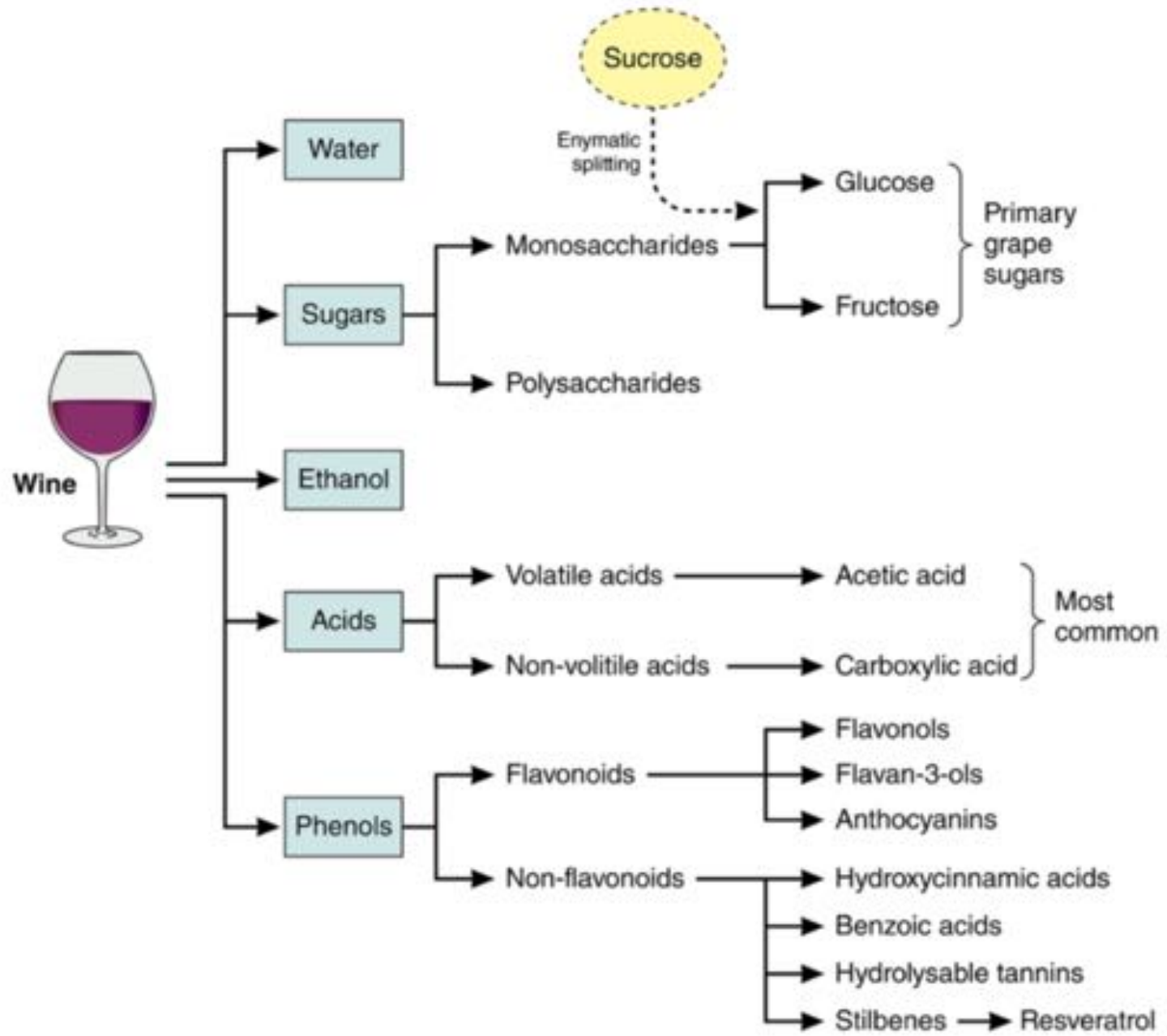
French Paradox Milestones



- ▶ 1979 St. Leger
- ▶ 1991 60 Minutes
- ▶ 1992 Renaud
- ▶ 1995 USDA Dietary Guidelines

The J-Shaped Curve



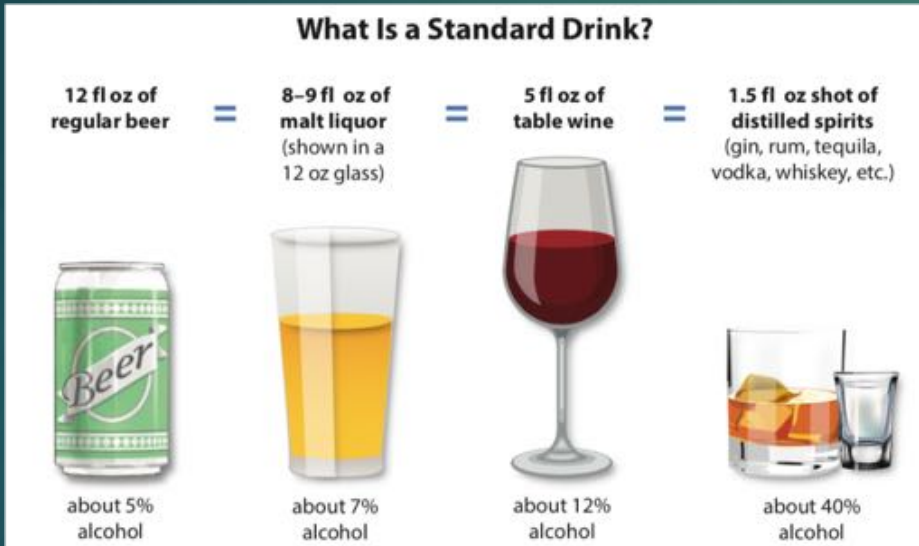


The Bottom Line



- ▶ Platelets less sticky
- ▶ Anti-inflammatory
- ▶ Antioxidant
- ▶ Raises HDL
- ▶ Cell protection
- ▶ Improve insulin sensitivity

What is Moderation?



- ▶ 1 / d women, 2 / d men
- ▶ 3 max / d, 7 / week women
- ▶ 4 max / d, 14 / week men
- ▶ Heavy: 8+ women, 15+ men / wk
- ▶ Hazardous: 21+ / week men or 7+ per occasion 3 x / week; 14+ / week or 5+ per occasion at least 3 x / week women
- ▶ Harmful

$\text{ml} \times \text{ABV} \times 0.79 = \text{g alcohol}$
 $(\text{oz.} \times \text{ABV}) / 0.6 = \text{drink equivalents}$



- ▶ 5 ounces, 12% ABV = 14 g
- ▶ 6 ounces, 14.5% = 20.3 g
- ▶ 9 ounces, 14.5% = 30.5 g
- ▶ U.S. 14 g vs. U.K. 10 g
- ▶ Standard range: 8 – 20 g
- ▶ Low risk: 10 g/d – 56 g/d

Circ., 2017; 136:1434–1448



Association between clinically recorded alcohol consumption and initial presentation of 12 cardiovascular diseases: population based cohort study using linked health records

Steven Bell,^{1,2} Marina Daskalopoulou,³ Eleni Rapsomaniki,⁴ Julie George,⁴ Annie Britton,² Martin Bobak,² Juan P Casas,⁴ Caroline E Dale,⁴ Spiros Denaxas,⁴ Anoop D Shah,⁴ Harry Hemingway⁴

- 2 million adults, 13 yrs
- Separated non-drinkers & former drinkers
- 20 – 50% reductions (moderate drinking)

Uh-oh

Mother Jones

SUBSCRIBE

DONATE

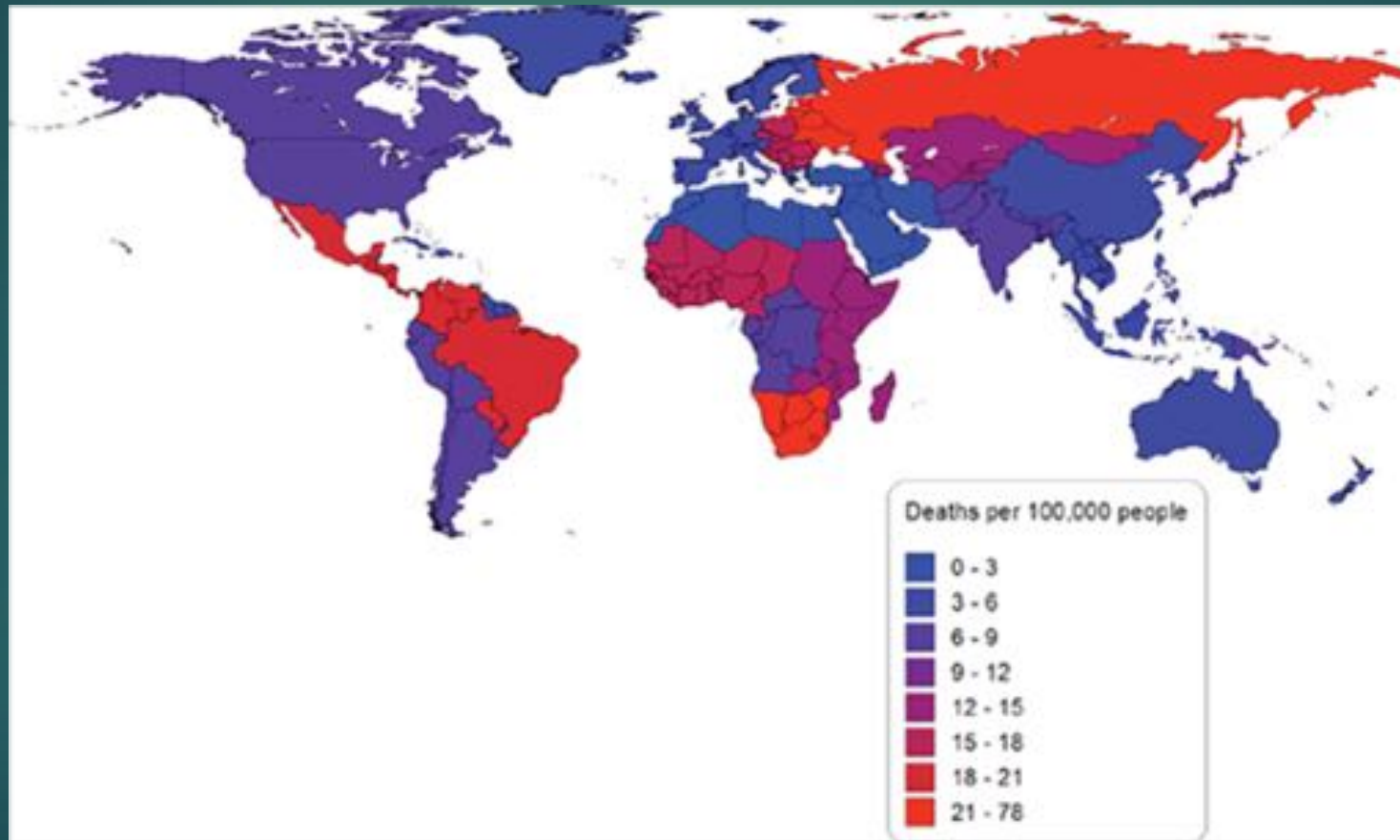
POLITICS ENVIRONMENT FOOD MEDIA CRIME & JUSTICE PHOTOS INVESTIGATIONS MAGAZINE 

A Huge New Study Just Showed Alcohol Is Worse for You Than You Thought

It looked at the health of 600,000 drinkers. The results were not encouraging.

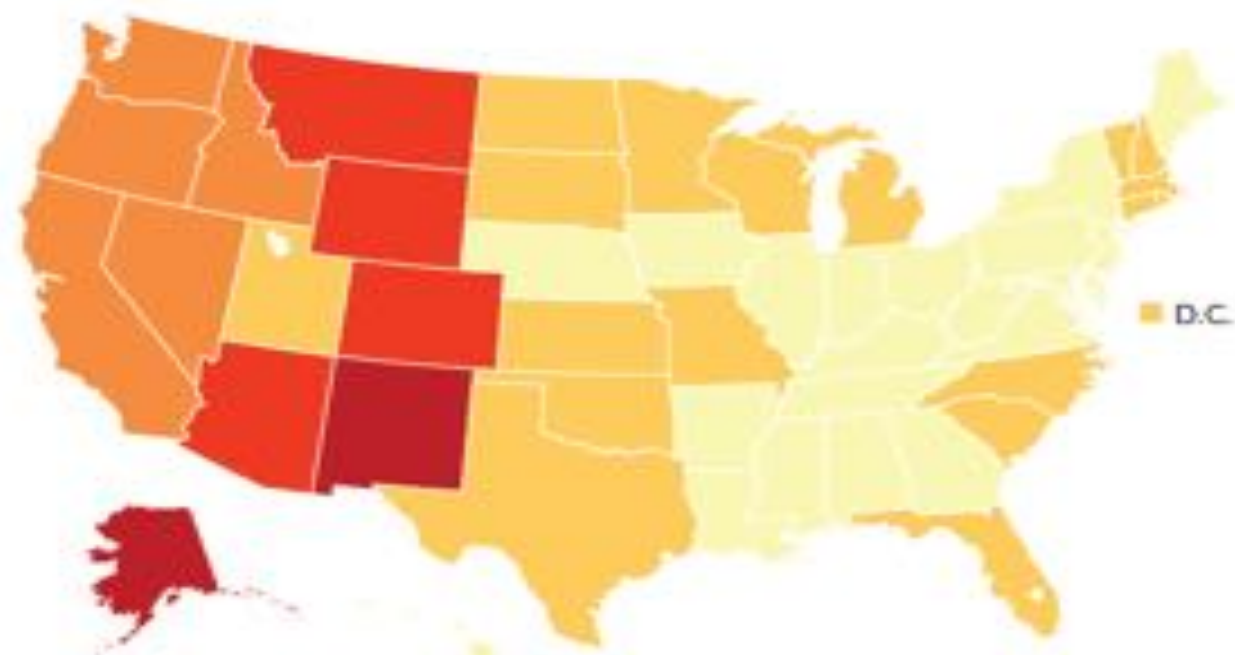
STEPHANIE MENCIMER APR. 13, 2018 5:26 PM

Alcohol Injury Deaths Worldwide (NIAAA, 2010)



This Is Where People Are Drinking Themselves To Death

On average, about one in 10 deaths among working-age people in the U.S. can be attributed to alcohol. These causes of death include violence, alcohol poisoning and motor vehicle collisions, as well as conditions like breast cancer and heart disease.



Percent of deaths that were alcohol-attributable for persons ages 20-64, 2006-2010



Source: Centers for Disease Control

THE HUFFINGTON POST

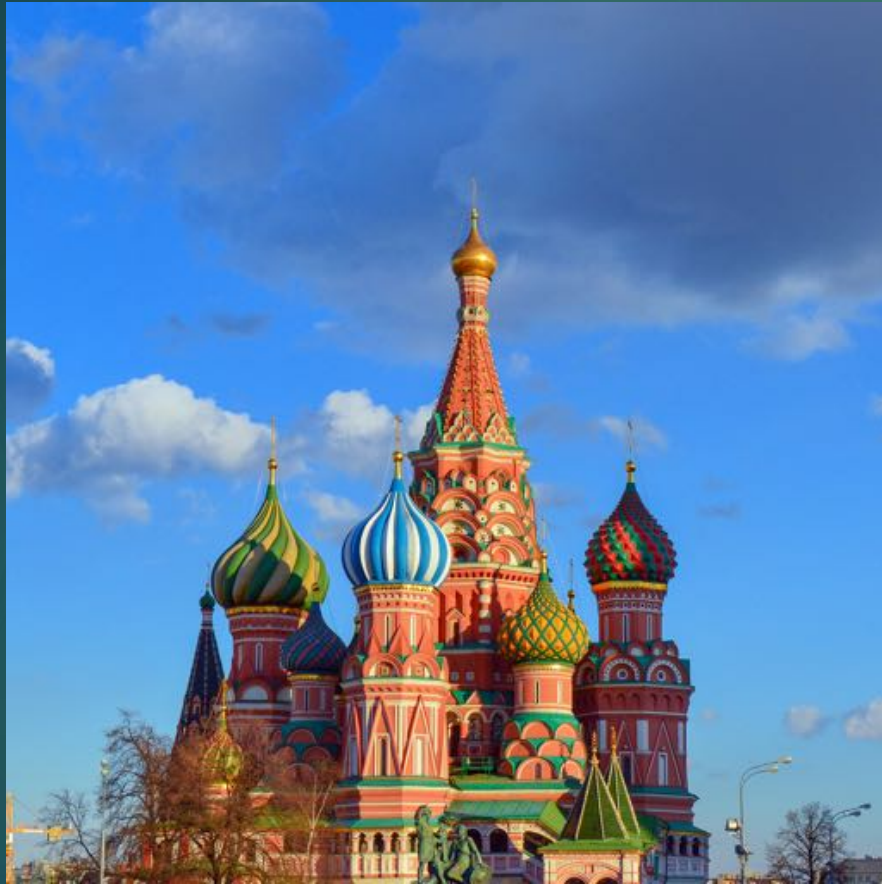
Life Expectancy



1. Japan
2. Italy
3. Switzerland
4. Singapore
5. Israel

UN DESA, 2015

#1 Healthcare Spending Country is ...



- 41. Cuba
- 42. French Guiana
- 43. United States**
- 44. Lebanon
- 45. Guam

- 66. Argentina
- 126. Russia

Preventable Causes of Death, U.S.



1. Smoking
2. High blood pressure
3. Obesity
4. Alcohol

CurlyHoward RyanDunn

AmyWinehouse

JimMorrison

HankWilliams

JohnBonham ErrolFlynn

DylanThomas

WilliamHolden OHenry

WCFields BillieHoliday

MickeyMantle

JackKerouac

Alcohol: How Do You Plead?

- ✓ Cirrhosis 1 in 3
- ✓ Cancer esophagus 1 in 3
- ✓ Cancer liver 1 in 4
- ✓ Homicide 1 in 4
- ✓ Motor vehicle accidents 1 in 5
- ✓ Cancer mouth 1 in 5
- ✓ Suicide 1 in 10
- ✓ Stroke (hemorrhagic) 1 in 10
- ✓ Cancer breast 1 in 15

Short-Term Health Risks

Injuries

- Motor vehicle crashes
- Falls
- Drownings
- Burns

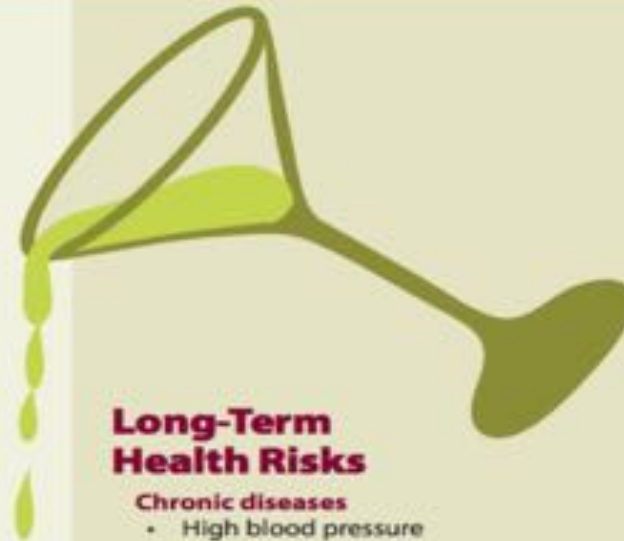
Violence

- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

Alcohol poisoning

Reproductive health

- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders (FASDs)



Long-Term Health Risks

Chronic diseases

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

Cancers

- Breast
- Mouth and throat
- Liver
- Colon

Learning and memory problems

- Dementia
- Poor school performance

Mental health

- Depression
- Anxiety

Social problems

- Lost productivity
- Family problems
- Unemployment

Alcohol dependence

Intoxication, American Style

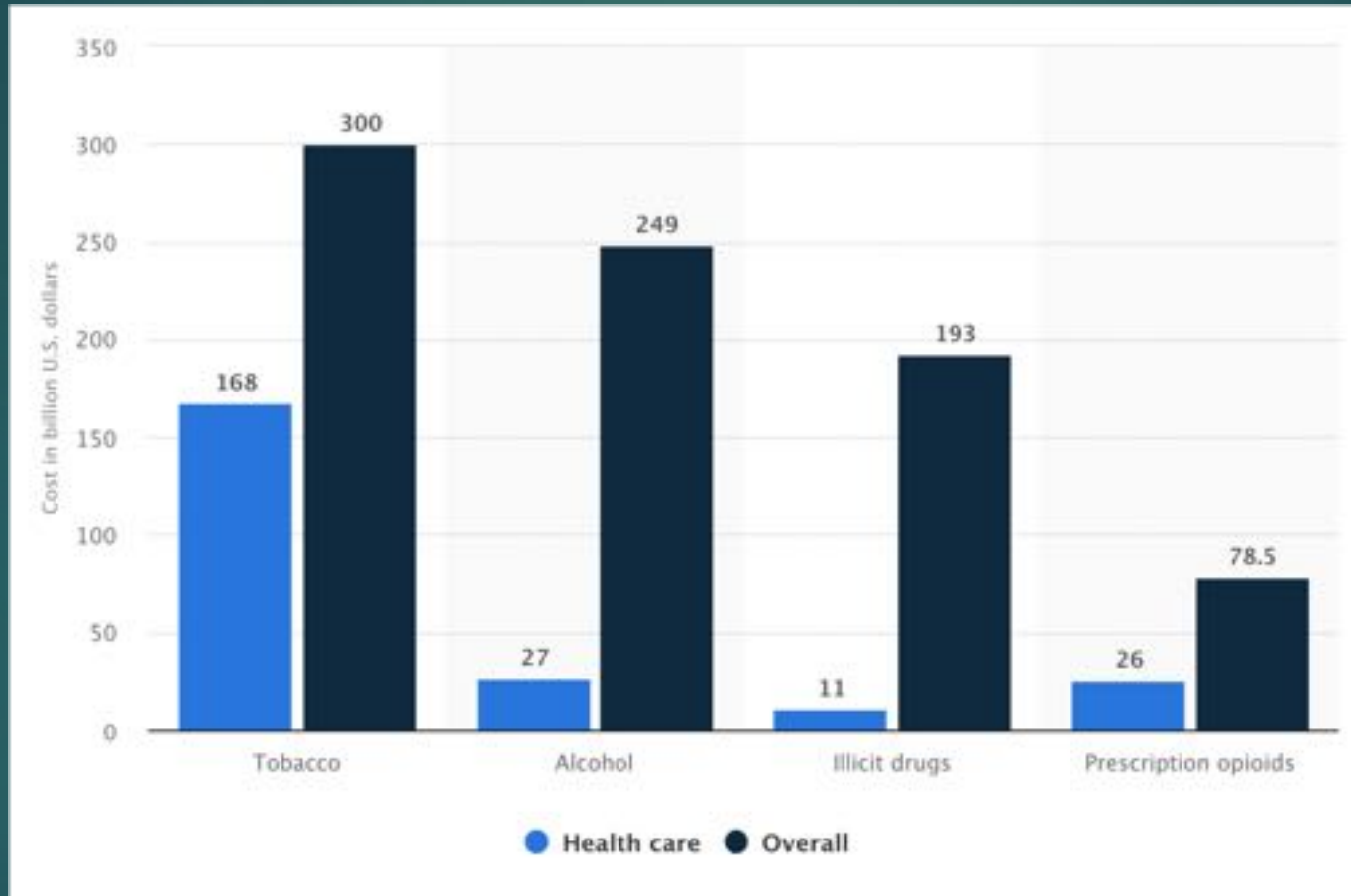
- ▶ 33% of car crashes
- ▶ 30% of homicides
- ▶ 22% of suicides

NIAAA data

And if that weren't enough ...

- ▶ 60-70% of reported domestic violence incidents
- ▶ 50% of all violent crime alcohol- or drug-related

Ka-ching!



2017 data, drugabuse.gov

Alcohol Use Disorder (AUD)

A severe form of problem drinking characterized by compulsive and uncontrolled alcohol use despite evidence of harm.

Alcohol Use Disorder (AUD)



- ▶ DSM-5 (2013)
- ▶ 11 questions / past year
- ▶ Mild, moderate, severe
- ▶ 12 – 14 % currently
- ▶ 29% during lifetime

CAGE Questionnaire

Ever felt you should cut down on your drinking?

Have people annoyed you by criticizing your drinking?

Ever felt bad or guilty about your drinking?

Ever had a drink first thing in morning to steady your nerves or to get rid of a hangover (eye-opener)?

➤ 2 or more: significant

AUDIT

Questions	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have 5 or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year
Total					

- ▶ Pencil & paper
- ▶ 10 questions, 0 – 4 points
- ▶ Frequency
- ▶ 1, 2, 4, 5, 10

WHO

It's Different for Girls

- ▶ Problem drinking less common
- ▶ 8% lifetime occurrence vs. 20% for men
- ▶ Develops later but progresses faster
- ▶ Enter treatment earlier
- ▶ More likely to mix with prescription drugs

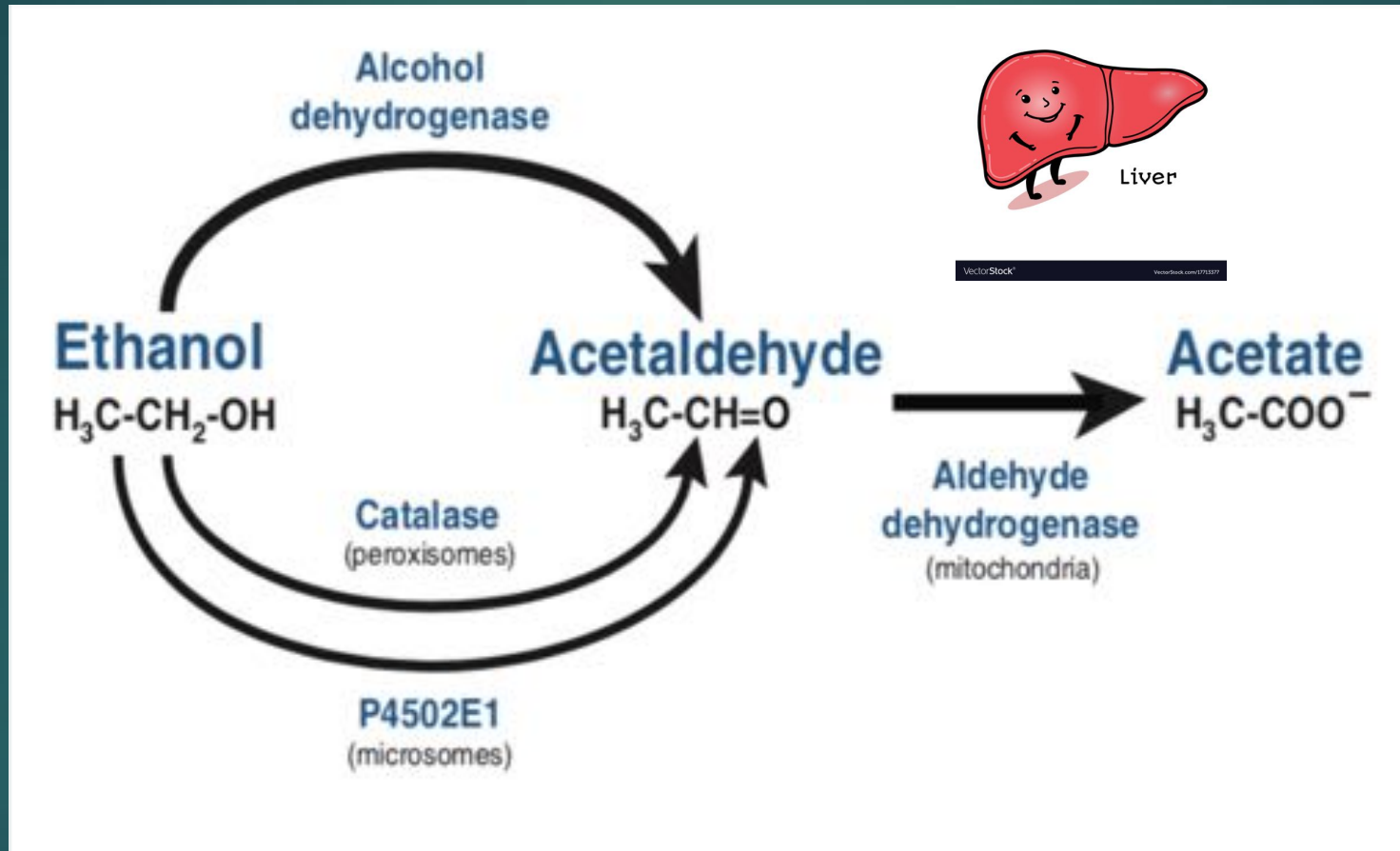
Alcohol & Genes




- ▶ Many genes
- ▶ Environment (50%)
- ▶ Signaling & pleasure
- ▶ Clock genes, stress
- ▶ Immunity / inflammation



Blinded By Science





**People who
wonder whether
the glass is half
empty or half full
miss the point.
The glass is
refillable.**

Binge Drinking (‘heavy episodic drinking’)



- ▶ Intentional drinking
- ▶ Drinking to blackout
- ▶ Professional drinking
- ▶ Recreational drinking
- ▶ Getting hammered
- ▶ Pah-tay!

Wine Dinner!



FERRARI-CARANO WINE DINNER

WEDNESDAY, JANUARY 28, 6 P.M.

**FIVE COURSE DINNER
PAIRED WITH
FIVE GLASSES OF WINE**

**\$89.00 PER PERSON,
PLUS TAX & GRATUITY**

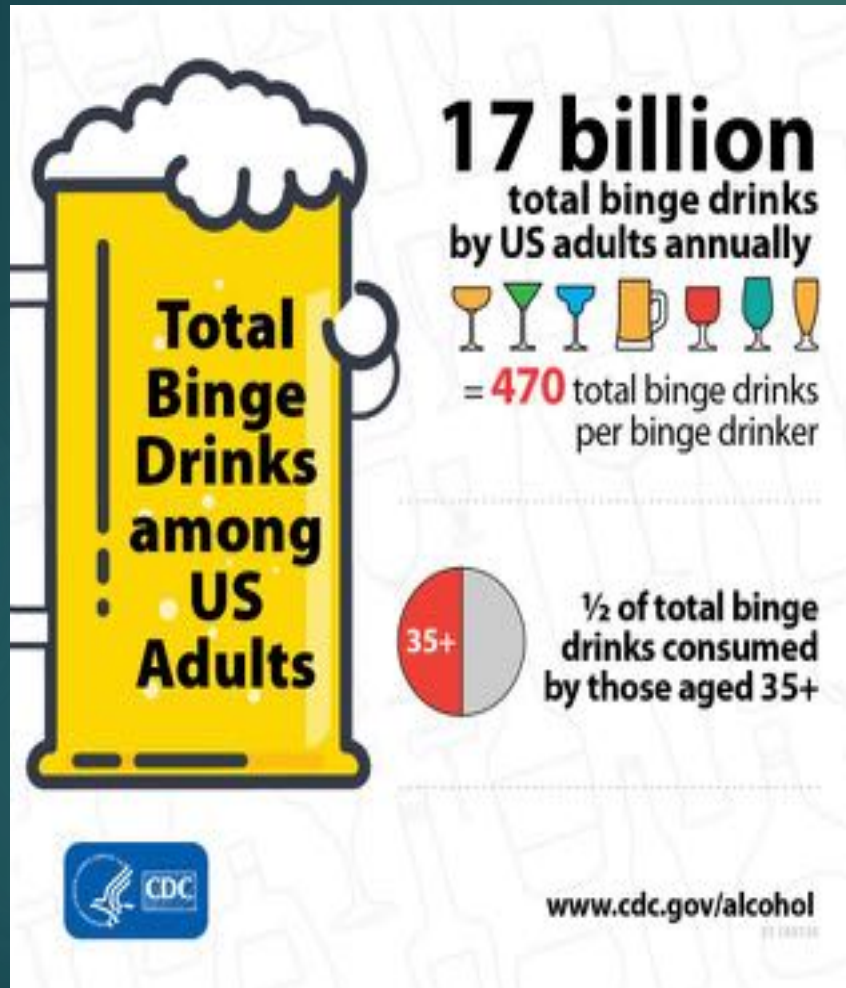
RESERVATIONS REQUIRED



760.327.3446

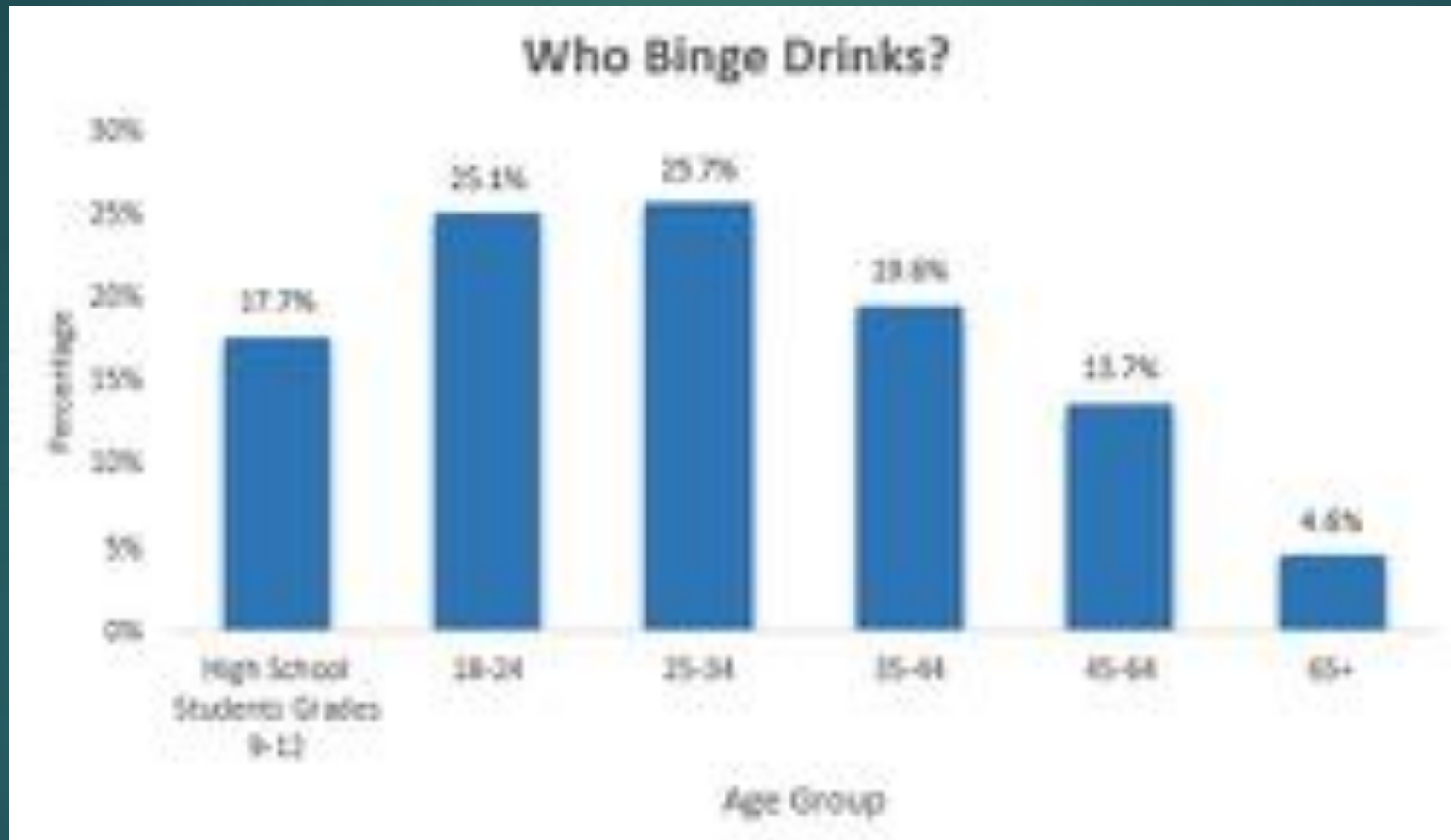
701 W. Baristo Rd. Two Blocks West of Palm Canyon Drive
www.spencersrestaurant.com

Binge Drinking



- ▶ 1 in 6 U.S. adults
- ▶ 38 million people
- ▶ 5+ men / 4+ women in 2 hours (BAC 0.08)
- ▶ Men: 4 of 5 binge drinks

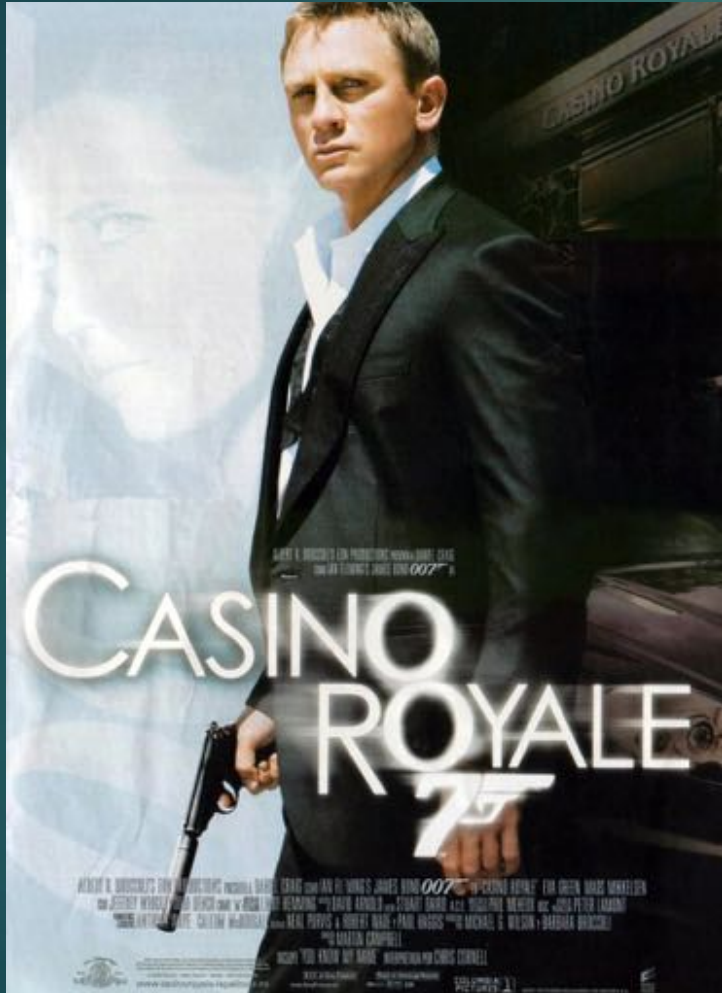
The Kids Are Not All Right



CDC: Bingeing the Main Problem

- ▶ > 90% of excessive drinkers binge
- ▶ Binge drinkers binge 4 times a month
- ▶ 8 drinks per binge

High-Intensity Drinking



- ▶ 2 - 3X threshold
- ▶ 4+ / 5+ ▶ 8+ / 10+
- ▶ Peaks ~ age 21
- ▶ Rituals, turning 21
- ▶ More consequences

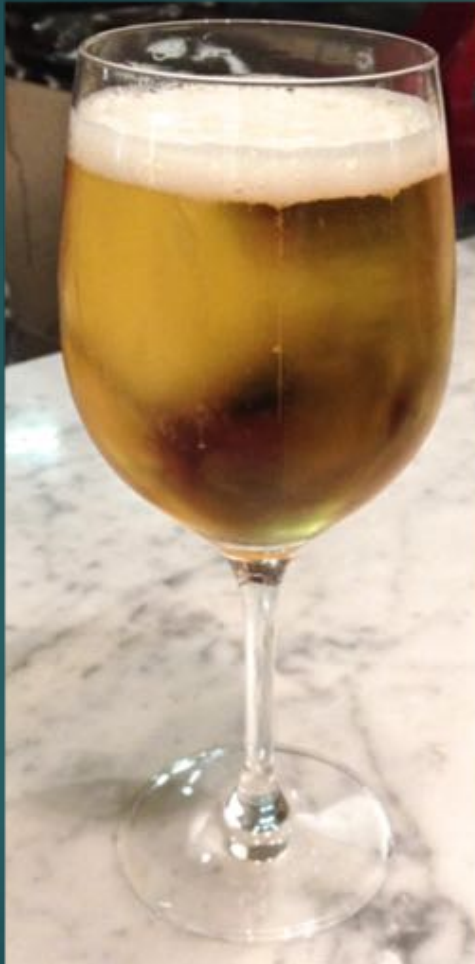
Binge Drinking: Running the Tab



- ▶ > Half of alcohol-related deaths (50,000 people)
- ▶ 75% of the \$250 billion economic costs of excess drinking
- ▶ Cancer, heart disease, liver failure
- ▶ Dangerous driving, violence, risky sexual behavior

CDC

Whad'll ya have?



Most binge-worthy

- ▶ Beer 67%
- ▶ Spirits 22%
- ▶ Wine 11%

**90% of all alcohol
consumed by youths (age
12 – 20)**

NIAAA

Hangover



Symptoms & Causes

Symptom

- ▶ Headache
- ▶ Drowsiness & fatigue
- ▶ Thirst
- ▶ Stomachache / nausea

Cause

- ▶ Cytokine storm
- ▶ Sleep disruption
- ▶ Diuretic effect
- ▶ Local irritation

Morning Recovery (2017)



- ▶ Dihydromyricetin (DHM)
- ▶ + 10 ingredients
- ▶ Flyby, Drinkwel, drinkSMART, DeTOXX, DHM
- ▶ 'Misbranded' CHPA / FDA

Blowfish (2011)



- ▶ ASA + caffeine + water
- ▶ FDA 'hangover claim'
- ▶ 1 – 2 tabs every 6 hrs
- ▶ No serious side effects reported (2017)

More Hangover Prayers

Preventives

- ▶ Bytox (patch)
- ▶ Flyby
- ▶ PartySmart
- ▶ Activated charcoal

Relievers

- ▶ F.A.S.T. Hangover Relief
- ▶ Gatorade / Pedialyte
- ▶ Never Too Hungover
- ▶ NutriDrip

Hangover Clubs



... Get on the Bus!



“To sleep, perchance to dream...”



- ▶ Deep sleep quicker
- ▶ Curbs dream sleep
- ▶ Rebound > more dream sleep

The Second Half



- ▶ Awakenings, 1 – 3 a.m.
- ▶ Sweats, snores, tinkles
- ▶ Sleep fragmentation
- ▶ Hangover symptoms

Dry January (Janopause)

bon appétit

CULTURE

How Do You Go Dry for a Month When Your Desk Looks Like This?

Restaurant and drinks editor Andrew Knowlton offers tips on not drinking alcohol during the month of January—a.k.a. Dryuary

JANUARY 8, 2014

BY MIKE LEW

PHOTOS BY MATT DUCKOR



Does it Work?



- ▶ Moderate drinkers lasted
- ▶ 3/4 drank less at 6 months
- ▶ Very few drank more
- ▶ Better able to refuse

http://www.slate.com/blogs/browbeat/2015/01/06/drynuary_the_origins_of_the_name_for_not_drinking_alcohol_in_january.html

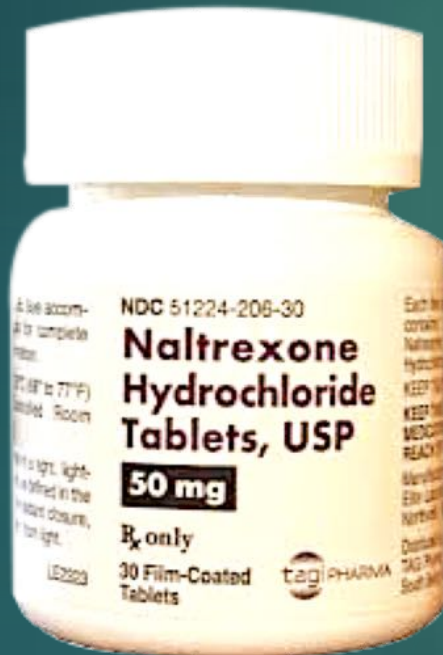
de Visser RO. *Health Psychol.* 2016 Mar;35(3):281-9.

FDA-Approved Medications



- ▶ Naltrexone
- ▶ Acamprosate
- ▶ Disulfiram

The Sinclair Method



- ▶ Naltrexone + Alcohol = Cure
- ▶ Extinction
- ▶ 1 hour before drinking
- ▶ “40 – 78% success”
- ▶ Enhances good habits
- ▶ TSM is forever

Getting Help



- ▶ Step programs
- ▶ Cognitive-behavioral therapy
- ▶ Motivational enhancement therapy

Step Programs (AA)



- ▶ Abstinence
- ▶ Powerlessness
- ▶ Meetings / higher power
- ▶ Success rate?

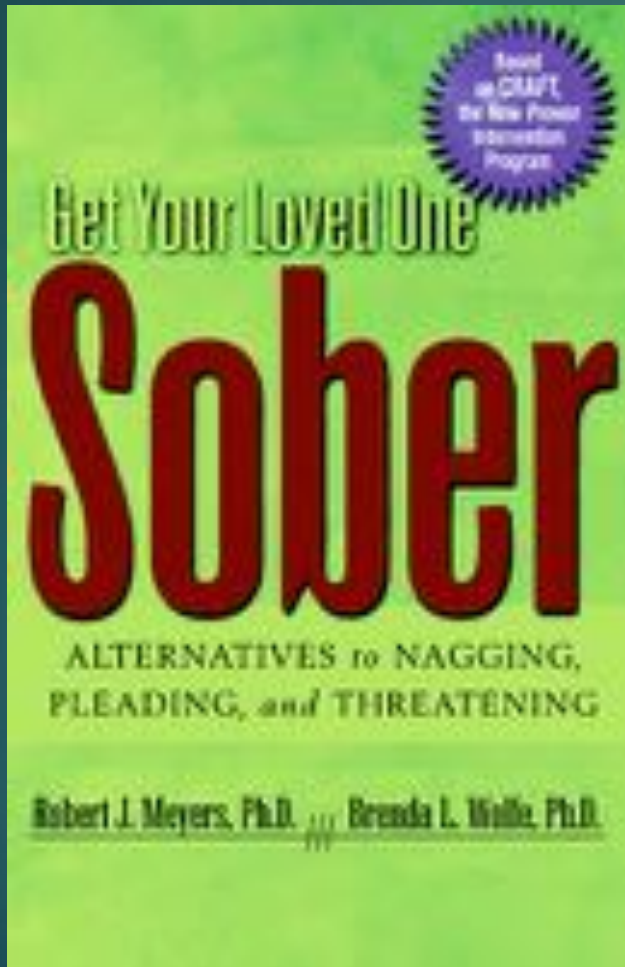
Cognitive-Behavioral Therapy



***“Discover the Power
of Choice!”***[™]

- ▶ Thinking-doing
- ▶ Build motivation
- ▶ Cope with urges
- ▶ Sensible life management
- ▶ Balanced, positive lifestyle

Motivational Enhancement



- ▶ CRAFT: Community Reinforcement and Family Training
- ▶ Hazelden Betty Ford
- ▶ Alternative to intervention



JOURNAL OF CLINICAL ONCOLOGY

ASCO SPECIAL ARTICLE

Alcohol and Cancer: A Statement of the American Society of Clinical Oncology

Noelle K. LoConte, Abenaa M. Brewster, Judith S. Kaur, Janette K. Merrill, and Anthony J. Alberg

Alcohol & Cancer

Common cancers linked to drinking alcohol

Mouth, pharynx (upper throat)

Larynx (voice box)

Oesophagus (food pipe)

Breast (in women)

Liver

Bowel

There is some evidence that alcohol also increases the risk of gastric and pancreatic cancers.

Sez Who?

- ▶ International Agency for Research on Cancer / WHO, 1998, 2009
- ▶ Group 1 carcinogen (asbestos, tobacco, diesel exhaust)
- ▶ National Toxicology Program, U.S. Department of Health and Human Services, 2000
- ▶ World Cancer Research Fund / American Institute for Cancer Research, 2007
- ▶ European Code Against Cancer, 2015

British Medical Journal, 1903

DEC. 12, 1903.]

ALCOHOL AND CANCER.

[THE BRITISH
MEDICAL JOURNAL 1529

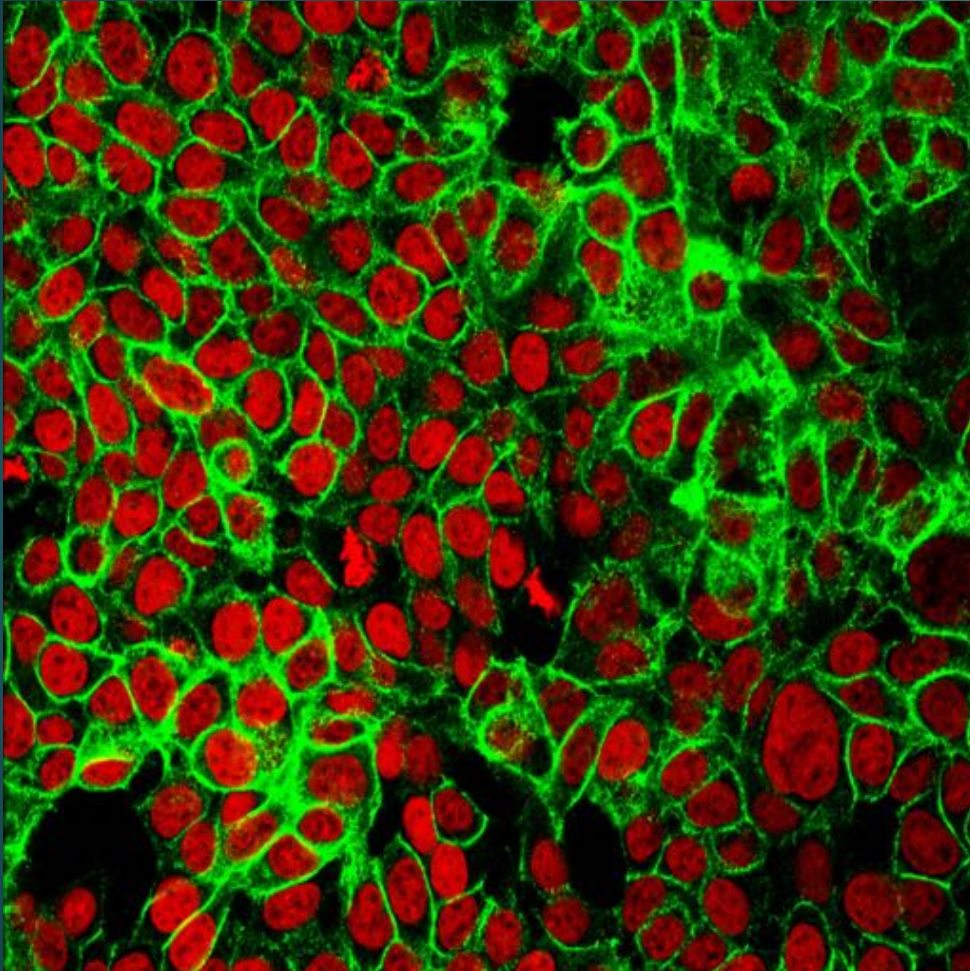
THE POSSIBLE ASSOCIATION OF THE CONSUMPTION OF ALCOHOL WITH EXCESSIVE MORTALITY FROM CANCER.

By ARTHUR NEWSHOLME, M.D., F.R.C.P.LOND.,
Medical Officer of Health of Brighton.

PART II of Dr. Tatham's decennial supplement to the 55th report of the Registrar-General, published in 1897, contained extremely valuable statistics relating to the relative death-rates and what are known as the "comparative mortality figures" of men engaged in different occupations. These statistics dealt not only with deaths from all causes in conjunction, but also from certain diseases; and the latter figures throw important light upon the influence of occupation on the mortality, for instance, from tuberculosis and cancer.

risk in these three years, classified according to age, was unascertainable. Now, during 1841-1901 the proportion of male to female lives at risk was as 8 or 9 to 1; the proportion of abstainers to non-abstainers was among men as 398 is to 467, among women as 34 is to 67. It is, I think, fair to assume that the same proportions of men to women and of abstaining to non-abstaining women holds approximately good for the figures in Table I. Among the women included in the lives at risk in this table 21 deaths from cancer occurred. It is well known that the registered mortality from cancer is much higher among women than among men. Thus in 1901 the death-rate from cancer per million living aged over 35 years, corrected for differences in the age-constitution of the respective populations, was 2.12 among men and 2.90 among women in England and Wales.² Consequently if the 21 deaths from cancer among women were left in Table I without a corresponding statement (unobtainable) of the female lives at risk a considerable error would arise. On the other hand, by leaving the female lives at risk out of the same table the death-rate

How Great is the Risk?



- ▶ Highest: upper aerodigestive tract (mouth, larynx, esophagus)
- ▶ Dose response: mouth, esophagus (squamous cell), breast
- ▶ Overall greatest risk: heavy and moderate drinkers
- ▶ Light drinkers: esophagus (SCC), mouth, breast

Reasons for Increased Risk?

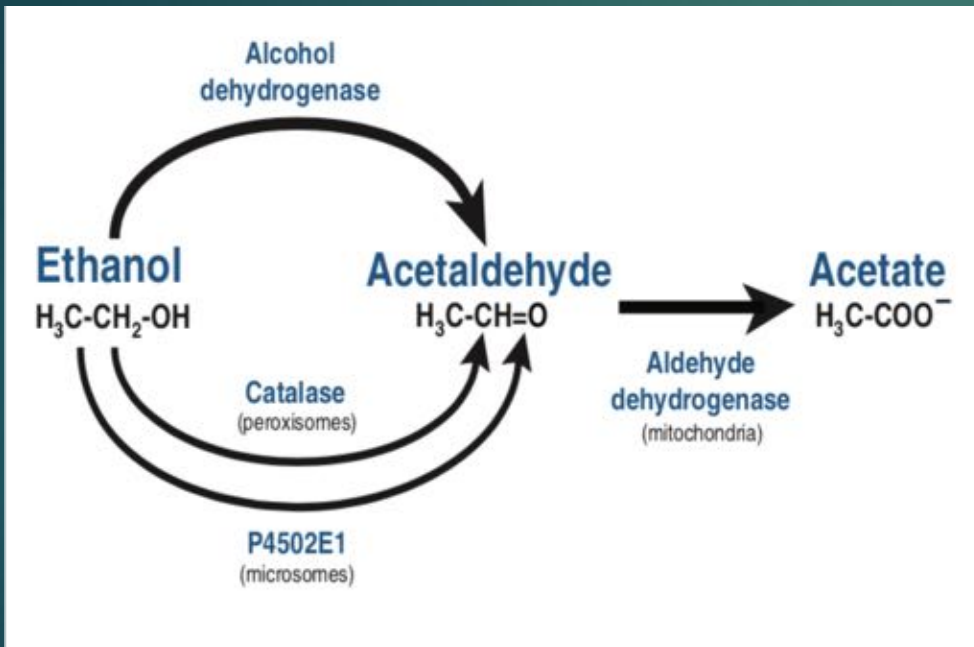
- ▶ Acetaldehyde: carcinogen, mutagen

- ▶ Oxidative stress

- ▶ Sex hormones

- ▶ Lower folate levels (B9)

- ▶ Irritant, solvent



Alcohol & Breast Cancer Risk



- ▶ Sex hormone levels
- ▶ ER+ / PR+
- ▶ Genetic variants
- ▶ 10% / drink / day
- ▶ 12.4% lifetime ▶ 13.6%

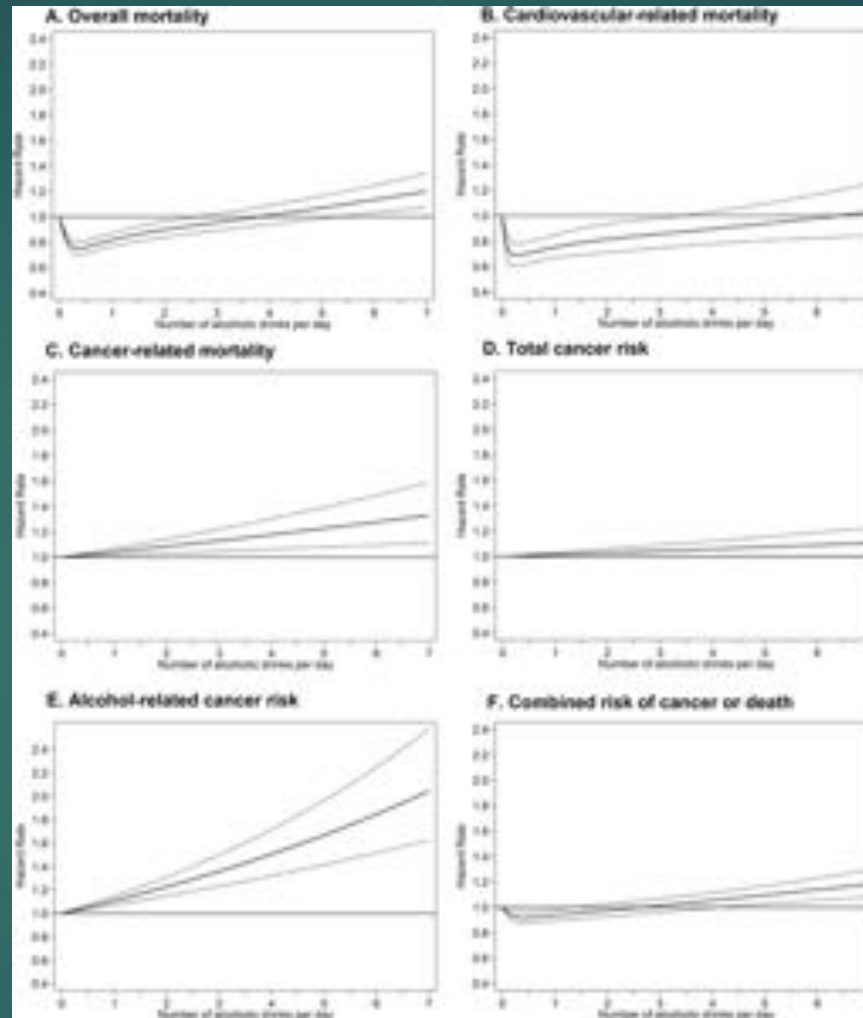
RESEARCH ARTICLE

The association of lifetime alcohol use with mortality and cancer risk in older adults: A cohort study

Andrew T. Kunzmann^{1*}, Helen G. Coleman¹, Wen-Yi Huang², Sonja I. Berndt²

1 Centre for Public Health, Queen's University Belfast, Belfast, Northern Ireland, United Kingdom, **2** Division of Cancer Epidemiology and Genetics, National Cancer Institute, National Institutes of Health, Department of Health and Human Services, Bethesda, Maryland, United States of America

“The study supports a J-shaped association between alcohol and mortality in older adults, which remains after adjustment for cancer risk. The results indicate that intakes below 1 drink per day were associated with the lowest risk of death.”



Kunzmann AT, Coleman HG, Huang WY, Berndt SI (2018) The association of lifetime alcohol use with mortality and cancer risk in older adults: A cohort study. *PLOS Medicine* 15(6): e1002585. <https://doi.org/10.1371/journal.pmed.1002585>
<http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002585>

Just a Second, Sherlock!



- ▶ Heart benefits > cancer risk
- ▶ Spirits 1-1/2 drinks / day
- ▶ Beer 2 drinks / day
- ▶ No increase for wine

What's More Scary Than Cancer?





OPEN ACCESS

Alcohol consumption and risk of dementia: 23 year follow-up of Whitehall II cohort study

Séverine Sabia,^{1,2} Aurore Fayosse,¹ Julien Dumurgier,³ Aline Dugravot,¹ Tasnime Akbaraly,^{2,4,5} Annie Britton,² Mika Kivimäki,² Archana Singh-Manoux^{1,2}

BMJ 2018;362:k2927

'Healthification'

Kelly Clarkson to Hoda Kotb: 'I don't work out, but I do wine instead'

Yahoo View 15 hours ago



Saved by Science?



- ▶ 'Functional spirits'
- ▶ NTX-infused vodka
- ▶ 3-ingredient additive
- ▶ TTB rejected
- ▶ 11 states, Total Wine, BevMo

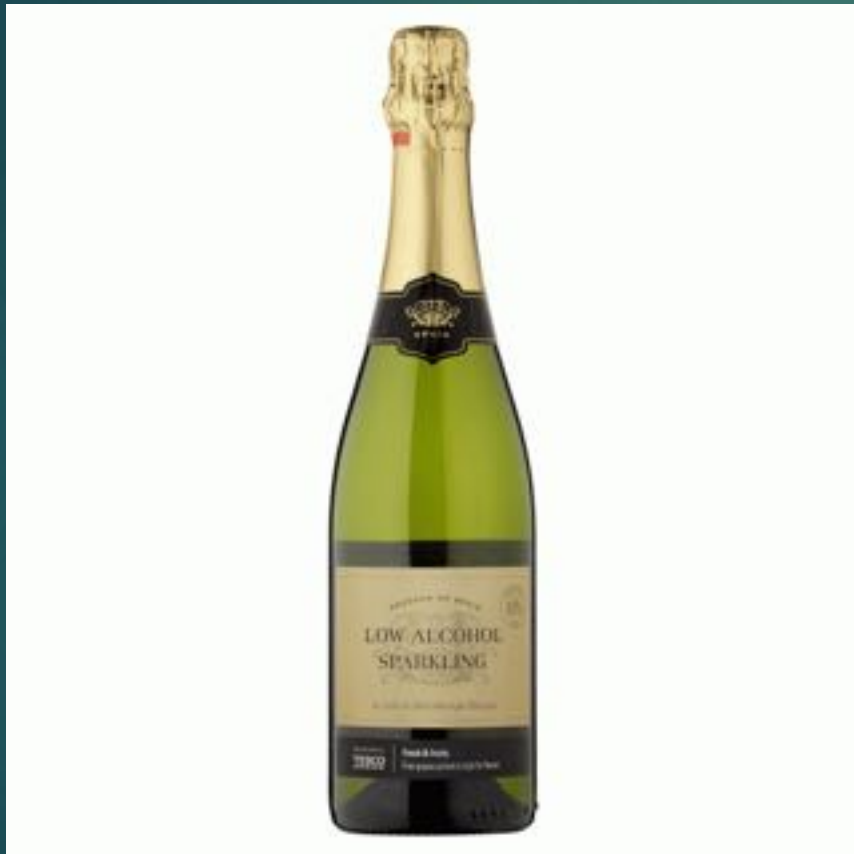
Alcohol Alternatives



Rob Lawson, The Drinks Business

- ▶ SARAAs
- ▶ Seedlip (Diageo, 2015)
- ▶ Alcarelle / Alcosynth
- ▶ Guinness Zero / Open Gate Pure Brew

Low-alcohol Libations



- ▶ 0.5 % alcohol
- ▶ Torres (Natureo)
- ▶ Penfolds (Rawson's Retreat)
- ▶ Aldi's (Featherweight)
- ▶ Tesco (wines, G & T)

Wine Goes on a Diet



- ▶ Weight Watchers (2017)
- ▶ Truett Hurst winery
- ▶ 'SmartPoints® friendly'
- ▶ 85 calories / 5 ounces

Alcohol & Weight



- ▶ 7 calories / g
- ▶ 750 calories 14% wine
- ▶ Poorer choices
- ▶ Pattern differences
- ▶ Men higher risk; beer

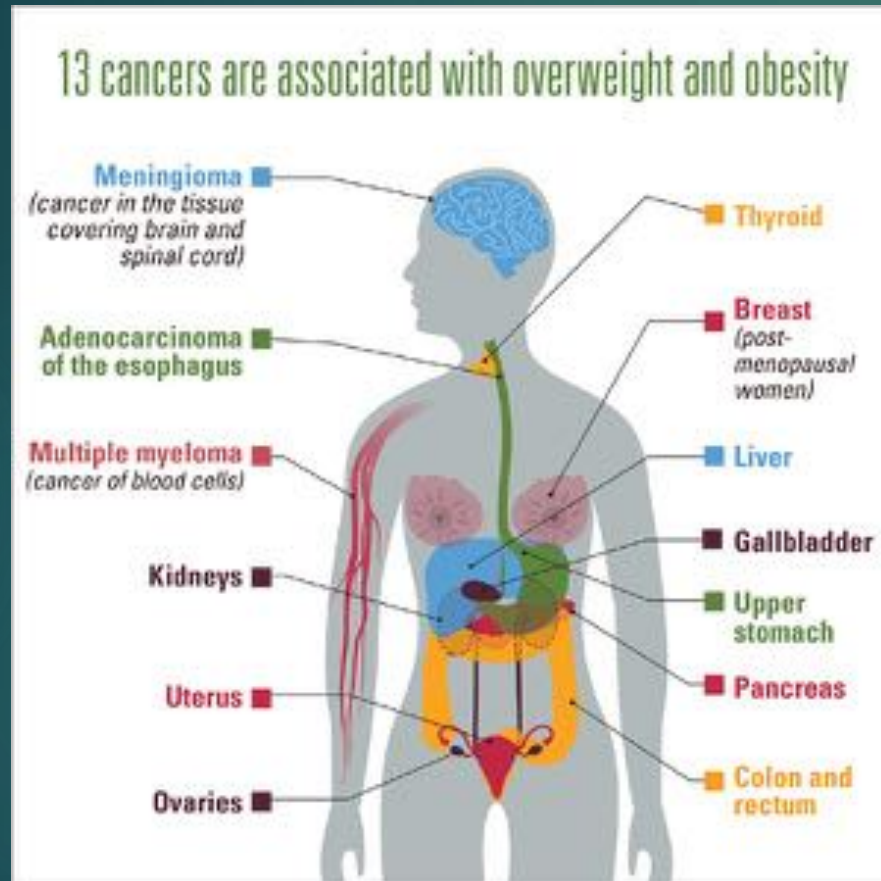
5 Healthy Habits = 10+ Years



A word cloud on a dark red background featuring various healthy foods and habits. The words are in white and light green. The most prominent words are 'chocolate', 'grapes', 'GREENS', 'guava', 'apricots', 'lentils', 'oranges', 'onions', and 'lemon'. Other words include 'cherries', 'soy', 'mango', 'grapefruit', 'cocoa', 'kiwi', 'mustard', 'nuts', 'vegetables', 'tea', 'berries', 'plums', and 'apples'. A small 'WordCloud' logo is visible in the bottom right corner of the word cloud.

- ▶ No smoking
- ▶ Healthy weight
- ▶ Physical activity
- ▶ Quality diet
- ▶ Moderate alcohol

Risk: Know, Manage, Minimize



Nutrition Action

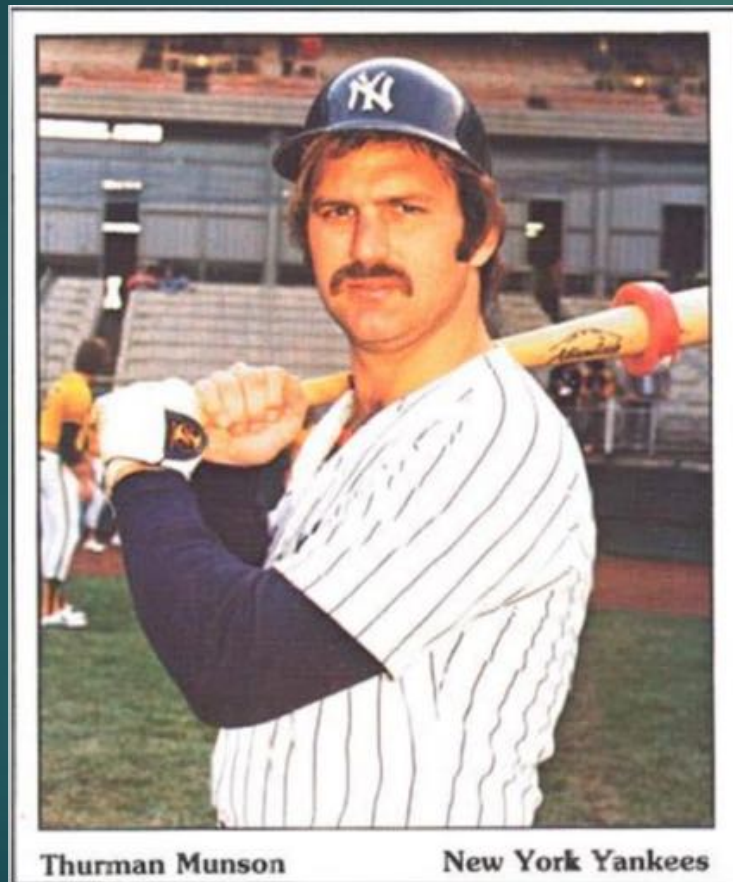
- ▶ Lifestyle
- ▶ Heart disease
- ▶ Cancer
- ▶ Genetics
- ▶ Healthy habits
- ▶ Change support

Food as Medicine



- ▶ Plant-based > meat
- ▶ Nuts, legumes, whole grains
- ▶ Olive oil rules
- ▶ Portion control
- ▶ Sharing and joy
- ▶ Alcohol in moderation

Don't Do Stupid S---



Take Action

- ▶ Minimize other risks
- ▶ Nourish body and soul
- ▶ Get vaccinated
- ▶ Seek assistance



Health: Foster Yours, Fight for Everyone's



Advances in public health responsible for **25 of the 30** years added to U.S. lifespan since 1900

Thomas Frieden, MD in NYT 3/11/18



"I'd much rather
eat pasta &
drink wine
than be a
size zero."

Sophia Loren





Everything in Moderation, Including Moderation

MAKING SENSE OF WINE, ALCOHOL AND HEALTH

Dionysus, 4th Century BCE

“Three bowls of wine only do I mix for the sensible: one is dedicated to health (and they drink it first), the second to love and pleasure, the third to sleep – when this is drunk up wise guests go home. The fourth krater is ours no longer but belongs to hybris [outrage], the fifth to arguments, the sixth to drunken revel, the seventh to black eyes, the eighth is the bailiff’s, the ninth belongs to bitter anger, and the tenth to madness that makes people throw things.”

– Eubulus, quoted in *Tasting the Past* by Kevin Begos, 2018

Why Most Published Research Findings Are False

John P. A. Ioannidis

Summary

There is increasing concern that most current published research findings are false. The probability that a research claim is true may depend on study power and bias, the number of other studies on the same question, and, importantly, the ratio of true to no relationships among the relationships probed in each scientific field. In this framework, a research finding is less likely to be true when the studies conducted in a field are smaller; when effect sizes are smaller; when there is a greater number and lesser preselection of tested relationships; where there is greater flexibility in designs, definitions, outcomes, and analytical modes; when there is greater financial and other interest and prejudice; and when more teams are involved in a scientific field in chase of statistical significance. Simulations show that for most study designs and settings, it is more likely for a research claim to be false than true.

factors that influence this problem and some corollaries thereof.

Modeling the Framework for False Positive Findings

Several methodologists have pointed out [9–11] that the high rate of nonreplication (lack of confirmation) of research discoveries is a consequence of the convenient, yet ill-founded strategy of claiming conclusive research findings solely on the basis of a single study assessed by formal statistical significance, typically for a p -value less than 0.05. Research is not most appropriately represented and summarized by p -values, but, unfortunately, there is a widespread notion that medical research articles

It can be proven that most claimed research findings are false.

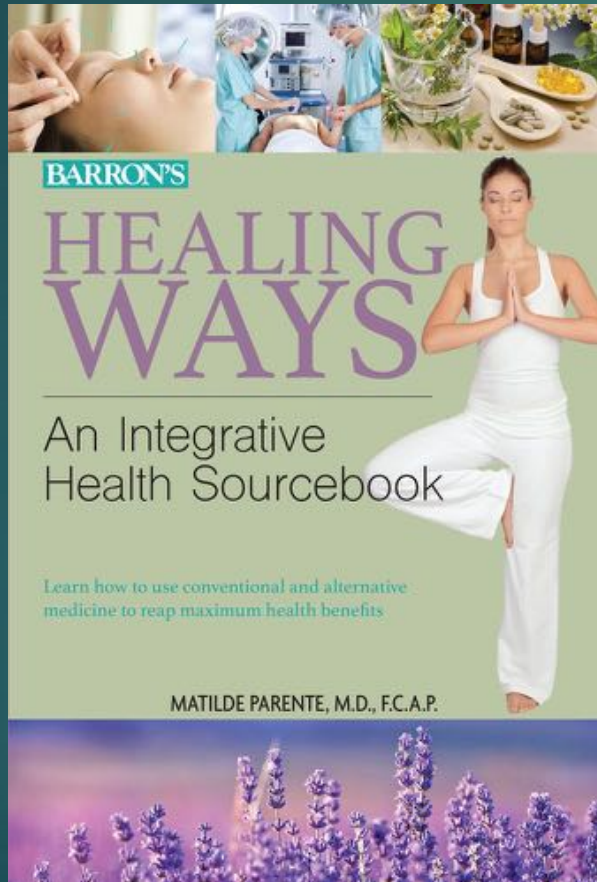
is characteristic of the field and can vary a lot depending on whether the field targets highly likely relationships or searches for only one or a few true relationships among thousands and millions of hypotheses that may be postulated. Let us also consider, for computational simplicity, circumscribed fields where either there is only one true relationship (among many that can be hypothesized) or the power is similar to find any of the several existing true relationships. The pre-study probability of a relationship being true is $R/(R + 1)$. The probability of a study finding a true relationship reflects the power $1 - \beta$ (one minus the Type II error rate). The probability of claiming a relationship when none truly exists reflects the Type I error rate, α . Assuming that c relationships are being probed in the field, the expected values of the 2×2 table are given in Table 1. After a research finding has been claimed based on achieving formal statistical significance

Merci...Grazie...Danke...Efharistó...

Gracias...Arigato...Mahalo...Obrigado... Xièxiè



Thank You!



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