


1: [Am J Cardiol.](#) 2005 Apr 15;95(8):1006-10.  [Links](#)

Effect of light-to-moderate alcohol consumption on age-associated arterial stiffening.

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Increased thickness and stiffness of large arteries may contribute to why aging is the most important risk for cardiovascular diseases. Arterial stiffness, intimal medial thickness, and alcohol intake were measured in 563 subjects. A U-shaped relation was found between alcohol intake and a stiffness index, with the lowest index in moderate drinkers, which may partially explain the relation between alcohol and cardiovascular disease.

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