



## No Safe Levels for Alcohol Consumption

Sivakumar J T Gowder\*

Qassim University, College of Applied Medical Sciences, Buraidah, Kingdom of Saudi Arabia

\*Corresponding author: Sivakumar Gowder, College of Applied Medical Sciences, Qassim University, Buraidah, Kingdom of Saudi Arabia, Tel: +966566873969; Fax: +96663802268; E-mail: [sivakumargowder@yahoo.com](mailto:sivakumargowder@yahoo.com)

Rec date: Feb 23, 2015; Acc date: Feb 24, 2015; Pub date: Feb 26, 2015

Copyright: © 2015 Gowder S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

### Editorial

Alcohol consumption or alcoholism has become a great threat to human life in the recent years. From the various available reports of National Institute of Alcohol Abuse and Alcoholism (NIAAA) and WHO, we can understand that alcohol consumption leads to nearly 200 diseases (cancer, cardiovascular diseases, diabetes, etc.). is a relation between harmful use of alcohol and the incidence of infectious diseases like HIV, TB, pneumonia, and cholera. "Alcohol use disorders" of parents may transmit to their children and them in the course of time. Nearly 6% of the world population dies because of alcohol consumption. Each year, nearly 2000 college students in the US die from alcohol-related unintentional diseases including motor vehicle accidents. 16% of people in the world engage in heavy episodic drinking. Alcoholics may harm spouse, child, friend, relatives, neighbors, co-workers, and even strangers at any time. Alcohol consumption may result in the social and economic costs on society. High- income countries have the highest alcohol per capita consumption. Older drinkers have alcohol more frequently than other age groups. people should aware of health risks associated with alcohol.

Research reports also show that various ethnic groups bear the burden of alcohol disproportionately [1]. Binge and heavy drinking people lead to a variety of social and health consequences [2,3]. Our reports reveal that binge drinking leads to excretion of folic acid at the excess amount that in turn leads to many health sequences [4]. Alcohol consumption will be more among males than females [5]. In brief, the amount of alcohol consumption is associated with ethnicity, gender, age, and socioeconomic status.

is general assumption that "moderate alcohol" may have some but it may not everyone who drinks moderately. Moreover, it is hard to formulate a moderate amount because it varies from a person to person depending on the physiological system and other factors. is no amount of alcohol consumption that is safe for all people or any one person, under all circumstances. For some people, in some circumstances, safe drinking will mean no alcohol at all. For health instead of using a moderate amount of alcohol, one can freely use medicines, nutrients or vitamins.

### References

1. Chartier KG, Vaeth PAC, Caetano R (2013) Focus on: Ethnicity and the social and health harms from drinking. *Alcohol Research: Current Reviews* 35: 229-237.
2. Naimi TS, Brewer RD, Mokdad A, Denny C, Serdula MK, et al. (2003) Binge drinking among US adults. *JAMA* 289:70-75.
3. Rehm J, Room R, Graham K, Monteiro M, Gmel G, et al. (2003) relationship of average volume of alcohol consumption and patterns of drinking to burden of disease: An overview. *Addiction* 98: 1209-1228.
4. Gowder SJT, McMartin KE (2009) Methods to evaluate the of ethanol on the folate analogue, methotrexate uptake in human proximal tubular cells. *Advances in Pharmacological Sciences*.
5. Curran GM, Stoltenberg SF, Hill EM, Mudd SA, Blow FC, et al. (1999) Gender in the relationships among SES, family history of alcohol disorders and alcohol dependence. *J Stud Alcohol* 60: 825-832.