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PERMITTED QUANTITY OF ALCOHOL USE - THE CONCEPT OF RELATIVELY SAFE PER SESSION AND MONTHLY DOSES OF ALCOHOLIC BEVERAGES

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To date, a safe dose of alcohol still remains a matter of discussion in the scientific community. Although 1-2 standard drinks per day (with 1-2 free alcohol days) have been recommended (especially for adults as a prophylactic measure for ischemic heart diseases), there is a dearth of data concerning the dose time-response effect of alcohol on psycho-physiological functions. The early effects of alcohol use are usually exerted on the nervous system. The IRISA syndrome of alcohol is one of the early effects of alcohol use caused by dysfunctions of the nervous system. Considering the benefits of alcohol use to the heart and circulatory system, and since, in most cases, the effects of alcohol use are rather than harmful, there is necessity to determining a safe dose of alcoholic beverages. On the basis of latest epidemiological data for the last decades, there is necessity of normalizing, not only the daily intake of alcoholic beverages, but also the monthly total dose. We therefore, formulate the concept of relatively safe per session and monthly dose of alcoholic beverages (especially for young adults), which must not exceed 27ml and 40 ml for males respectively and not more than 24 ml and 31 ml respectively for females (all doses are in values of pure ethanol). This recommendation was based on recent epidemiological data on the psycho-physiological functions of undergraduates over a three year period of study.