

MODERATE DRINKING: REDUCING TYPE 2 DIABETES RISK OR JUST PROVIDING A FREE ROAD FOR THE DISEASE DEVELOPMENT? A REVIEW OF REVIEWS

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To date, the effect of alcohol on type 2 diabetes risk remains controversial. This present review is conducted on reviews to ascertain the present trend, views, and problems resulting to these controversies. Howard et al. (2004) noted that 1-3 standard drinks per day reduce the risk of diabetes by 33-56%. By drinking more than 3 drinks per day, the risk increased by 43%. Seike et al. (2008) and Evans et al. (2008) found inconsistencies in the relationship for different studies. Koppes et al. (2005) and Baliunas et al. (2009) found a U-shaped relationship. In conclusion, data on the effect of moderate alcohol use on type 2 diabetes risk remains inconclusive, partly due to the structure and design of studies, differences in body mass index of participants, gender/age differences, genetic differences and predisposition for alcohol problems and diabetes, duration/quantity ranking criteria for alcohol use, comorbid conditions. Other problems found across studies were differences in the definition of diabetes used in the various study designs, definition of standard drinks. There is need for more up-to-date and accurate evidence based approach, putting into consideration all the stated problems that hamper conclusion in studies of alcohol's effect on type 2 diabetes risk.

References: Howard AA et al. *Ann Intern Med* 2004;140(3):211-224; Seike N et al. *Asia Pac J Clin Nutr* 2008;17(4):545-551; Evans E et al. *J Diab Nur* 2008; 12(8), 288-300; Koppes LL et al. *Diabetes Care* 2005;28(3):719-25; Baliunas DO et al. *Diabetes Care*.2009;32(11):2123-2132.