



# ILCAAAP

Illinois Church Action on Alcohol & Addiction Problems

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## Alcohol Alert - April 8, 2022



### **Alcohol Consumption Has No Additional Preventative Heart Benefits in Patients on Cholesterol-Lowering Medication**

Newswise — A new study by researchers at Intermountain Healthcare finds that alcohol consumption does not provide additional heart benefits in cardiology patients already being treated with statins – the most commonly used drugs to lower cholesterol.

Previously, some observational studies have linked drinking alcohol, such as red wine, with reducing the risk of coronary heart disease. However, the new Intermountain study failed to demonstrate any added benefit for patients taking statins to control their cholesterol. [Read](#)

### **Relationships of Cannabis Policy Liberalization With Alcohol Use and Co-Use With Cannabis: A Narrative Review**

This growing evidence of simultaneous use of these two substances among people who drink alcohol has some public health advocates concerned that cannabis liberalization policies may be leading to more, not less, alcohol use and even more concurrent or simultaneous use. Compared with alcohol use alone, studies have shown two to three times increased odds of adverse social consequences (e.g., legal issues, relationship, and financial problems) associated with co-use of alcohol and cannabis, and simultaneous use is known to lead to greater cognitive, perceptual, and motor function impairment than using either alcohol or cannabis alone. [Read](#)

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