

wać badania nad skuteczniejszymi sposobami uświadamiania ludziom, że alkohol jest jednym z najważniejszych i najbardziej niebezpiecznych czynników ryzyka – mimo, że będzie to wymagało zmiany wzorców wyuczonych przez wieki oraz mimo subiektywnie doznawanych korzyści.

Tłumaczyła: Barbara Mroziak

Responsible drinking. Is it responsible? A discussion on recommendations of „safe” limits of drinking

Summary

A review of major research findings, including these of the author's own studies, on alcohol as risk factor and on the acceptable daily intake (ADI) is presented in the paper. An extensive discussion covers the assessment of research findings concerning alcohol as risk from conception to death, which includes risk for the fetus, risk for accidents, for chronic diseases, developing alcohol dependence, for concomittant mental disorders, as well as evaluation of information on alcohol-related risk perception by the individual and by the public opinion. ADI of alcohol not involving any health risks was estimated to be about 7 g daily. Alcohol is a typical example of risks which people have a tendency to neglect – which has been shown in modern empirical risk research. Because of the enormous importance of the world's alcohol problems large efforts are needed to improve the situation, and to stimulate research on which measures could be more effective to get people to understand that alcohol is one of the most important and dangerous risk factors – in spite of the necessary needs to change patterns learnt for centuries and in spite of subjectively experienced benefits.

Piśmiennictwo

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