

IS MODERATE DRINKING RISKY¹?

A new global study says that **moderate drinking** is good for the heart, but the researchers² say that there is **a risk of cancer**³ and other illnesses⁴.



Out of⁵ 100,000 people who never drink, 914 will have health problems. If they have two alcoholic drinks every day, 977 people become ill in one year. And if they have five drinks every day, 1,252 people have a health problem **because of** alcohol.

The study says that British women drink three drinks every day. They are in the 8th place in the world of women

who drink. British men are in the 62nd place and they also drink three alcoholic drinks every day.

A drink is 10 grams of alcohol – it is a small glass of wine or a bottle of beer. Another study says that people who have more than 18 alcoholic drinks every week live shorter by 4 or 5 years.

But Professor David Spiegelhalter from the University of Cambridge says: “Moderate drinking makes people happy. So the study does not mean you should stop drinking. Driving is also dangerous⁶, but people still drive.”

Vocabulary:¹riskantní|²vědci|³rakovina|⁴nemoc|⁵ze|⁶nebezpečný

Language notes: moderate drinking=pití alkoholu v rozumné míře|a risk of=riziko (čeho)|because of=kvůli

Sources: bbc.com|wikipedia.org