

# Alcohol consumption in relation to cardiovascular risk and mortality

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## **Statements**

1. In "The Drinkers", van Gogh has copied a woodblock print by Honore Daumier titled "Physiology of the Drinker, The Four Ages." The painting depicts a youth and three men gathered around a table, tankards in hand, with a pitcher at the ready for refills (The cover of this thesis).
2. In relation to cardiovascular disease, drinking in moderation is more important than the content of the bottle, at least when wine and beer are taken into consideration. (This thesis).
3. To put meaning in one's life may end in madness, but life without meaning is the torture of restlessness and vague desire. It is a boat longing for the sea and yet afraid. (George Gray- Spoon River Anthology, 1916, Edgar Lee Masters)
4. A meta-analysis suggests that binge and heavy irregular drinking modify the favorable effect of alcohol consumption on coronary heart disease risk. (Bagnardi V, Zatonski W, Scotti L, La Vecchia C, Corrao G. J Epidemiol Community Health. 2008;62:615-9).
5. Wine was created from the beginning to make men joyful, and not to make men drunk. Wine drunk with moderation is the joy of the soul and the heart. (Ecclesiastes 31:35).
6. Should one recommend moderate alcohol consumption to patients at high cardiovascular risk? Once shown that these patients got benefit from the consumption of alcohol in moderation, should Epidemiologists advise to use alcoholic beverages as drugs? (This thesis).
7. In her work, Dr. Fillmore strongly affirms that a weakness of all pooling studies on alcohol consumption is the heterogeneity among the reference groups, which sometimes have included lifelong teetotallers, former drinkers and/or occasional drinkers, concluding that the actual outcomes in human populations for cardiac benefit have been exaggerated. (Fillmore KM, Stockwell T, Chikritzhs T, Bostrom A, Kerr W. Ann Epidemiol. 2007;17:S16-23).
8. It is only with the heart that one can see rightly; what is essential is invisible to the eye." (Little Prince, 1943, Antoine de Saint-Exupéry).
9. In the absence of randomized intervention studies, meta-analyses of observational studies should be performed as they help better understanding correlations among phenomena.
10. .... in the dew of little things the heart finds its morning and is refreshed. (On Friendship – The Prophet, 1923, Kahlil Gibran).

Stellingen behorende bij het proefschrift van Simona Costanzo "Alcohol Consumption in Relation to Cardiovascular Risk and Mortality".