Is low to moderate alcohol intake associated with stroke?

The association between low to moderate alcohol intake and stroke remains unclear

The INTERSTROKE Study: Alcohol Intake and the Risk of Acute Stroke

High and moderate alcohol intake were associated with increased odds of stroke, while low alcohol intake was not

Categorization (drinks/week)

- Low intake: 1–7
- High intake: >14 (women); >21 (men)
- Moderate intake: 7–14 (women); 7–21 (men)
- Heavy episodic drinking: >5 drinks on ≥1 day(s) per month

Association with high alcohol intake

- All stroke (95% CI 1.04–1.26)
- Intracerebral hemorrhage (ICH) (95% CI 1.21–1.84)
- Ischemic stroke (95% CI 0.95–1.19)

Association with moderate alcohol intake

- All stroke (95% CI 1.31–1.89)
- ICH (95% CI 1.31–2.36)
- Ischemic stroke (95% CI 1.10–1.51)

Association with low alcohol intake

- All stroke (95% CI 0.85–1.12)
- Odds of stroke in Western Europe and North America
- Odds of stroke in India and South America

Current drinking was associated with:

- All stroke (CI 1.05–1.43)
- Odds of stroke in Western Europe and North America

High and moderate alcohol intake were associated with increased odds of stroke, while low alcohol intake was not.

Current drinkers: 25.0% (n = 6,449)
Former drinkers: 16.7% (n = 4,318)
Never drinkers: 58.3% (n = 15,076)