

[심포지움]

최 스 미
서울대학교 간호대학

서 론

50% ⁶⁾

음주와 뇌혈관 질환

1490

8000

¹⁾

1

⁴⁾

20

^{2,3)}

(>60g/day)

^{7,8)}

^{9,10)}

^{11,12)}

5

⁴⁾

⁹⁾

^{13,14)}

¹⁶⁾

(case-control study)

우리나라 음주 현황

2002

64.6%,

82.9%,

47.6%

⁵⁾
⁶⁾

10.9%,

Reynolds
meta-analysis

⁹⁾

2-4

20-30%

^{5,6)}

WHO

(60g/day)

(5-6)

¹⁷⁾

<12g/day

60g/day
 12g/day
 60g/day

J phenolic compound
 Study intermittent claudication risk
 (case-control)

23,28) Djousse
 Framingham Heart
 29)

30,31)

알코올과 당뇨(Type II)

(High density lipoprotein, HDL)

음주와 심혈관 질환

18)
 18)
 19),20)
 22)
 23)
 Krenz
 2-3
 recycling
 (cross-sectional study)
 35,36)
 2
 U
 1-2
 (case-control
 study)
 37,38)

(sensitivity)
 insulin
 uptake
 32)
 33)
 32,33)
 34)

알코올 섭취와 Type II 당뇨병과의 관계

Rim 51529
 5.1g/day 53-71%
 24)
 39-45) British Regional Heart Study
 (body mass index, BMI)
 U
 18-48g/day
 39)
 25,26)
 (hemostatic
 27)
 22.1kg/m²
 Osaka Health Study BMI
 23-40g/day

BMI

42)

Rancho Bernardo Study

16

우리나라 흡연 실태

2002

60.5%,

5.9%

87

1

(WHO 97)

음주와 고혈압

1970

20-30

39.1%

(

21)

40.4%

20

46,47)

3-4

2000ml

3-4

48)

50)

3

흡연과 뇌졸중

50- 56)

57- 58)

46)

59- 62)

흡연의 역사

(small vessel disease, SVD)

(intracranial atherosclerosis)

63- 64)

1492 10 12
1)

100

(extracranial)⁶⁵⁾,
LVD)

(large artery disease,

1592

1602

49)

proximal LVD

SVD

1.4 ⁶⁶⁾

Kurth Physicians' Health Study

⁶⁷⁾

흡연, 혈압, 당뇨, 심혈관 위험

⁷⁹⁾

2

^{68), 69)}

(large artery)

Cardiovasuclar Health Study

⁸⁰⁾

^{81, 82)}

type II

⁸³⁾

31.7%

⁷⁰⁾

⁷¹⁾

⁵⁾

Kaya ⁷²⁾

Zoccali ⁷³⁾

⁷⁴⁾ 24

ambulatory

monitoring

흡연, 음주 습관과 다른 생활습관 그리고 유전적 요인과의
관련성

⁷⁵⁾

⁷⁶⁾

⁷⁷⁾ Primatesta

40%

⁸⁴⁾

2.6

Nakamura

⁷⁸⁾

⁸⁵⁾

BMI

apoE isoform

참고문헌

Djousse apoE 4
 2 odds ratios 1.7, apoE4 1.0, 2
 3.7⁸⁷⁾
 Glutathione S transferase theta(GSTT1-1) genotype

88)

결론

5-6 50%

1

1. . 2003.
2. (www.carecamp.com)
3. (www.sungshin.ac.kr)
4. . 2002
5. . 2002 . (www.mohw.go.kr)
6. . 2002; 2.
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