

## Mayo Clinic Minute

### Is alcohol the new smoking?

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b> <b>VO: Cigarettes and alcohol</b>	Is alcohol the new smoking? Is a bottle of wine or a few beers as bad as lighting up?
<b>SULL0005 at 5:46</b> <b>Stephen Kopecky, M.D.</b> <b>Cardiovascular Disease</b> <b>Mayo Clinic</b>	"We've known for years that alcohol at any dose is arrhythmogenic, which means it causes more arrhythmias or irregular heartbeats. So even just a small amount will give you irregular heartbeats. And if you are prone to do that, you'll have more of them."
<b>Vivien Williams</b> <b>VO: alcohol</b>	Dr. Stephen Kopecky says alcohol can cause health issues. But also it has some benefits.
<b>SULL0005 at 6:06</b> <b>Stephen Kopecky, M.D.</b>	"It can actually have some compounds in it that'll lower blood pressure."
<b>Vivien Williams</b> <b>VO: alcohol to junk food</b>	He says it's hard to identify the risks and benefits of alcohol, because it's hard to isolate for study. People just don't drink. They usually eat at the same time.
<b>SULL0005 at 7:27</b> <b>Stephen Kopecky, M.D.</b>	"The point is it's not just the alcohol, but the company it keeps."
<b>Vivien Williams</b> <b>VO: alcohol and healthy food</b>	So if you choose to drink alcohol, opt for healthy foods to eat with it.
<b>SULL0005 at 7:34</b> <b>Stephen Kopecky, M.D.</b>	"It's well shown that if you are drinking alcohol in a social situation, you tend to eat snack foods and things that may not be as healthy for you."
<b>Vivien Williams</b>	And Dr. Kopecky says if you have any issues with alcohol, don't drink it.

For the Mayo Clinic News Network, I'm  
Vivien Williams.