**BBC 2 Radio**

03/23/2017 07:05:35 AM

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* [U.K. National Radio](https://scout.tveyes.com/)

studies suggest that moderate drinkers are less likely to suffer some heart problems than those who drink heavily all not at all researchers examined the GP records of nearly two million patients and concluded that those who followed the former official drinking guidelines appear to have a lower risk of suffering a heart attack angina heart failure but the report's authors from Cambridge University and UCL say that leading a healthy lifestyle is the safest way to cut the risk of heart problems