**Drinking alcohol slashes risk of heart problems – if you drink this much per week**

**BOOZERS rejoice because drinking alcohol can boost your heart health.**

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**By**[**Sarah Buchanan**](http://www.dailystar.co.uk/journalists/sarah-buchanan)/**Published 22nd March 2017**

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HEART HEALTH: Guzzling a moderate amount of booze can have a beneficial effect

Believe it or not, moderate drinking can cut your risk of suffering from a heart attack, angina or heart failure.

In fact in can be better for you than not drinking, according to a new study of 1.93million Brits.

Researchers found that guzzling up to 14 units of alcohol per week can have a protective effect on the heart compared with not drinking.

Previous studies have suggested that [alcohol has a positive effect on the levels of "good" cholesterol in the blood](http://www.dailystar.co.uk/diet-fitness/497274/Drinking-alcohol-five-times-week-good-health-lower-risk-heart-disease-attack) as well as proteins associated with blood clotting.

The study, published in the British Medical Journal, found that moderate drinkers were less likely to turn up at their doctor suffering from angina, heart attack, heart failure, ischaemic stroke, circulation problems caused by a build-up of fat in the arteries and aortic aneurysm than non-drinkers.

But the research found that heavy drinking – downing more than 14 units per week – actually increased the risk of heart failure, cardiac arrest, ischaemic stroke and circulation problems caused by fatty arteries.

The authors, from the University of Cambridge and University College London, welcomed the findings.

But they warned: "While we found that moderate drinkers were less likely to initially present with several cardiovascular diseases than non-drinkers, it could be argued that it would be unwise to encourage individuals to take up drinking as a means of lowering their risk.

"This is because there are arguably safer and more effective ways of reducing cardiovascular risk, such as increasing physical activity and smoking cessation, which do not incur increased risks of alcohol-related harm such as alcohol dependence, liver disease and cancer."

Dave Roberts, director general of the Alcohol Information Partnership, which is funded by drinks firms including Diageo, Pernod Ricard, Campari and Bacardi, said: "This new study confirms yet again what previous studies have consistently found.

"Moderate alcohol consumption can have a beneficial impact on health. This study demonstrates that the anti-alcohol campaigners' mantra that there is no safe limit just doesn't stack up."