**PINT A DAY KEEPS DOC AWAY**

**Reduce your chances of having a heart attack by a THIRD with a daily pint or glass of wine**

By Nick McDermott, Health Editor

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People who drink in moderation can also slash their risk of dying young by a quarter - even compared to teetotallers

**A DAILY pint or glass of wine can slash the chances of a suffering heart attack by a third, a major study reveals.**

And it cuts the risk of dying young by a quarter.

Experts found moderate boozing significantly protects against several deadly heart conditions compared to being a [teetotaller](https://www.thesun.co.uk/living/3108321/one-in-four-young-brits-turning-teetotal-investigate-sober-revolution/).

They include angina, heart attacks and stroke.

Cambridge and University College London experts looked at the drinking habits of nearly two million healthy Brit adults.

The biggest health benefit was seen in those who consumed [less than 14 units a week](https://www.thesun.co.uk/living/2913873/drinking-more-than-a-pint-a-day-puts-men-at-higher-risk-of-heart-attack-or-stroke/) – around seven pints of beer or nine small [glasses of wine](https://www.thesun.co.uk/living/3031549/this-is-how-red-wine-can-help-fight-the-ageing-process-but-how-much-would-you-have-to-drink/).

Moderate drinkers saw their chances of angina fall by 33 per cent, heart attack by 32 per cent, heart failure by 24 per cent and stroke by 12 per cent.

Compared to non-boozers, they were also 24 per cent less likely die early.

Previous studies suggest [alcohol](https://www.thesun.co.uk/topic/alcohol/) has a positive effect on the levels of “good” cholesterol and blood vessel health.

Even heavy boozers saw their risks of heart attack and angina drop, the British Medical Journal study found.

However, experts warned the dangers of excessive drinking far exceed any health benefits.

Researcher Annie Britton, from UCL, said: “You cannot ignore the findings, this is good news for moderate drinkers.

“It shows small amounts of alcohol do improve heart health in many ways and is also associated with a lower risk of mortality than non-drinkers or heavy drinkers.

“But we would not recommend people start drinking to protect their heart as there are safer ways for them to reduce their risk – such as exercise and better diet.”

England’s top doctor last year warned there are no “safe” levels of drinking.

Professor Dame Sally Davies said even one pint a week increases the risk of cancer.

But Christopher Snowdon, from the Institute of Economic Affairs, said the latest findings prove her warnings were wrong.

He said: “It is yet more evidence Dame Sally was wrong with her zero tolerance approach to alcohol.

“It shows there are safe levels of drinking and the great news is that sensible consumption helps people live longer.

“People should really be told to drink moderately. If this was a drug, they would be recommending everyone should be taking it.”

How alcohol can destroy your liver - and increase risk of early death'

And Dave Roberts, director general of the Alcohol Information Partnership, which is funded by drinks firms including Diageo, Pernod Ricard, Campari and Bacardi, said: “This study demonstrates that the anti-alcohol campaigners’ mantra that there is no safe limit just doesn’t stack up.”

Rosanna O’Connor, Director of Alcohol, Drugs and Tobacco at Public Health England said: “Those who don’t drink should not consider taking up drinking to improve their heart health, but are better off stopping smoking, getting regular physical activity and eating a healthy diet.

“But those drinking more than 14 units a week can reduce their risk of heart disease and many other conditions by cutting back.”