**Drinking a pint every day 'reduces risk of stroke'**

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**Drinking a pint every day reduces your risk of having a stroke by around one tenth, according to a new study.**

The report, which summarised 27 previous studies involving 20,000 patients, appears to show that alcohol slows down the formation of blood clots in the brain.

It showed people were 10 per cent of people were less likely to have an ischaemic stroke – the most prevalent kind – if they had up one and a half units of alcohol a day, roughly the equivalent of a pint of beer.

That fell to eight per cent if someone had up to three units, equivalent to a large glass of wine.

However, researchers at [Cambridge University](http://www.standard.co.uk/topic/cambridge-university) and Karolinska Institutet in [Sweden](http://www.standard.co.uk/topic/sweden), also warned that drinking too much could have the opposite effect and lead to a [dangerous rise](http://www.standard.co.uk/topic/health) in blood pressure.

For those people who consumed more than four drinks per day, the stroke risk was 14 per cent higher, the study showed.

Writing in the BMC Medicine journal, lead author Susanna Larsson, said: "Previous research has found an association between alcohol consumption and lower levels of fibrinogen, a protein in the body which helps the formation of blood clots.

“While this may explain the association between light to moderate alcohol consumption and lower ischemic stroke risk, the adverse effect of alcohol consumption on blood pressure, a major risk factor for stroke, may increase the risk of haemorrhagic stroke and outweigh any potential benefit."

Shamim Quadir, of the Stroke Association, told [The Times](http://www.thetimes.co.uk/edition/news/light-drinking-may-reduce-stroke-risk-lx5zcjh79): "This research suggests that there is much more to understand about the effects of alcohol consumption on the different types of stroke."