

# **Un estudio científico avala los beneficios del vino para el cerebro**

VIERNES 02 DE FEBRERO DE 2018

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Una investigación realizada en la Universidad de Rochester (EE.UU.) demuestra que beber dos copas y media por día puede combatir el Alzheimer y ayudar a 'depurar' el cerebro

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[Sci Rep.](#) 2018 Feb 2;8(1):2246. doi: 10.1038/s41598-018-20424-y.

## Beneficial effects of low alcohol exposure, but adverse effects of high alcohol intake on glymphatic function.

Lundgaard I<sup>1</sup>, Wang W<sup>2</sup>, Eberhardt A<sup>2</sup>, Vinitsky HS<sup>2</sup>, Reeves BC<sup>2</sup>, Peng S<sup>2,3</sup>, Lou N<sup>2</sup>, Hussain R<sup>2</sup>, Nedergaard M<sup>2,4</sup>.

### ⊕ Author information

#### Abstract

Prolonged intake of excessive amounts of ethanol is known to have adverse effects on the central nervous system (CNS). Here we investigated the effects of acute and chronic ethanol exposure and withdrawal from chronic ethanol exposure on glymphatic function, which is a brain-wide metabolite clearance system connected to the peripheral lymphatic system. Acute and chronic exposure to 1.5 g/kg (binge level) ethanol dramatically suppressed glymphatic function in awake mice. Chronic exposure to 1.5 g/kg ethanol increased GFAP expression and induced mislocation of the astrocyte-specific water channel aquaporin 4 (AQP4), but decreased the levels of several cytokines. Surprisingly, glymphatic function increased in mice treated with 0.5 g/kg (low dose) ethanol following acute exposure, as well as after one month of chronic exposure. Low doses of chronic ethanol intake were associated with a significant decrease in GFAP expression, with little change in the cytokine profile compared with the saline group. These observations suggest that ethanol has a J-shaped effect on the glymphatic system whereby low doses of ethanol increase glymphatic function. Conversely, chronic 1.5 g/kg ethanol intake induced reactive gliosis and perturbed glymphatic function, which possibly may contribute to the higher risk of dementia observed in heavy drinkers.

The Washington Post

# **Un nuevo estudio cuestiona los beneficios del vino tinto: todo consumo de alcohol es problemático**

Por Gabriella Boston (Especial para The Washington Post)

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4 de junio de 2018

# **Listening to Mozart can boost your memory: Classical composer's music increases brain wave activity - and it beats Beethoven**

- Researchers played classical music to young adults and elderly people
- Listening to Mozart's L'allegro con spirito sparked changes in brain activity
- It triggered brain activity linked to memory, cognition and problem solving
- Beethoven's Fur Elise, however, failed to show any significant change

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By [SOPHIE FREEMAN FOR MAILONLINE](#)

PUBLISHED: 14:40 GMT, 5 June 2015 | UPDATED: 02:06 GMT, 6 June 2015



## The Mozart Effect: A quantitative EEG study

Walter Verrusio <sup>a</sup> , Evaristo Ettorre <sup>a</sup>, Edoardo Vicenzini <sup>b</sup>, Nicola Vanacore <sup>c</sup>, Mauro Cacciafesta <sup>a</sup>, Oriano Mecarelli <sup>b</sup>

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<https://doi.org/10.1016/j.concog.2015.05.005>

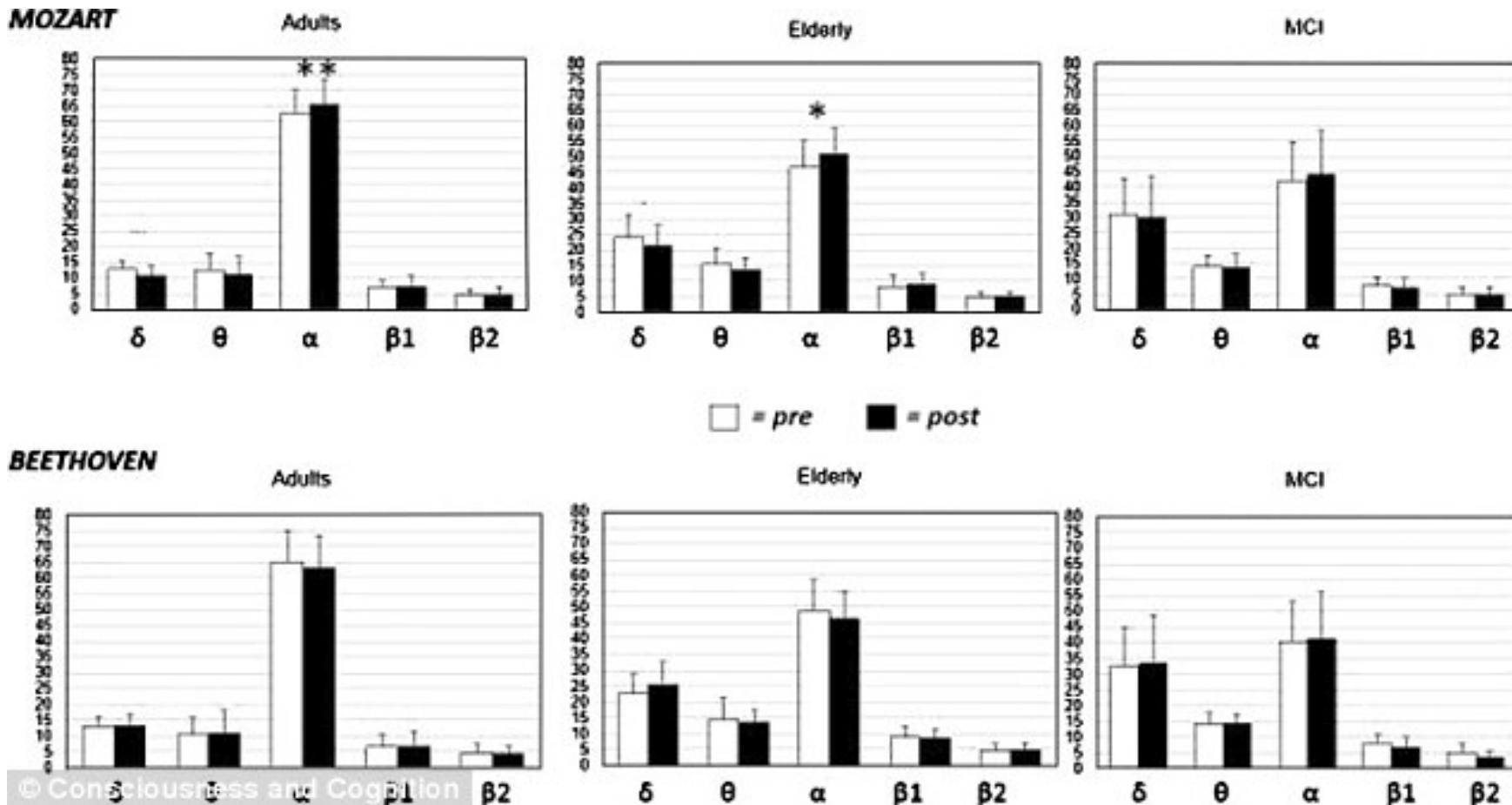
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### Highlights

- Mozart Effect is an enhancement of performance/change in neurophysiological activity.
- Our results shows more alpha band EEG pattern after listening to Mozart's music.
- More alpha band is linked to memory, cognition and open mind to problem solving.

### Abstract

The aim of this study is to investigate the influence of Mozart's music on brain activity through **spectral analysis** of the EEG in young healthy adults (Adults), in healthy elderly (Elderly) and in elderly with Mild Cognitive Impairment (MCI). EEG recording was performed at basal rest conditions and after listening to Mozart's K448 or "Fur Elise" Beethoven's sonatas. After listening to Mozart, an increase of alpha band and median frequency index of background alpha rhythm activity (a pattern of brain wave activity linked to memory, cognition and open mind to problem solving) was observed both in Adults and in Elderly. No changes were observed in MCI. After listening to Beethoven, no changes in EEG activity were detected. This results may be representative of the fact that said Mozart's music is able to "activate" neuronal cortical circuits related to attentive and cognitive functions.



## Science News

from research organizations

### Baroque Classical Music In The Reading Room May Improve Mood And Productivity

Date: April 26, 2009

Source: American Roentgen Ray Society

Summary: Baroque classical music in the reading room can help improve radiologists work lives, potentially improving diagnostic efficiency and accuracy, according to a study performed by researchers at the University of Maryland in Baltimore, Md., Harbor Hospital in Baltimore, Md., and the University of Pennsylvania Health System in Philadelphia, Pa.

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#### FULL STORY

Baroque classical music in the reading room can help improve radiologists work lives, potentially improving diagnostic efficiency and accuracy, according to a study performed by researchers at the University of Maryland in Baltimore, MD, Harbor Hospital in Baltimore, MD, and the University of Pennsylvania Health System in Philadelphia, PA.

Eight radiologists participated in the study and rated their mood, concentration, perceived diagnostic accuracy, productivity and work satisfaction on a seven point scale. "The greatest positive effects were noted with regard to mood and work satisfaction, with 63% and 50% of respondents reporting a positive impact," said Sohaib Mohiuddin, MD, and Paras Lakhani, MD, lead authors of the study. "No participants indicated a negative effect on mood,



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## Eat chocolate, win the Nobel Prize?

Frederik Joelving

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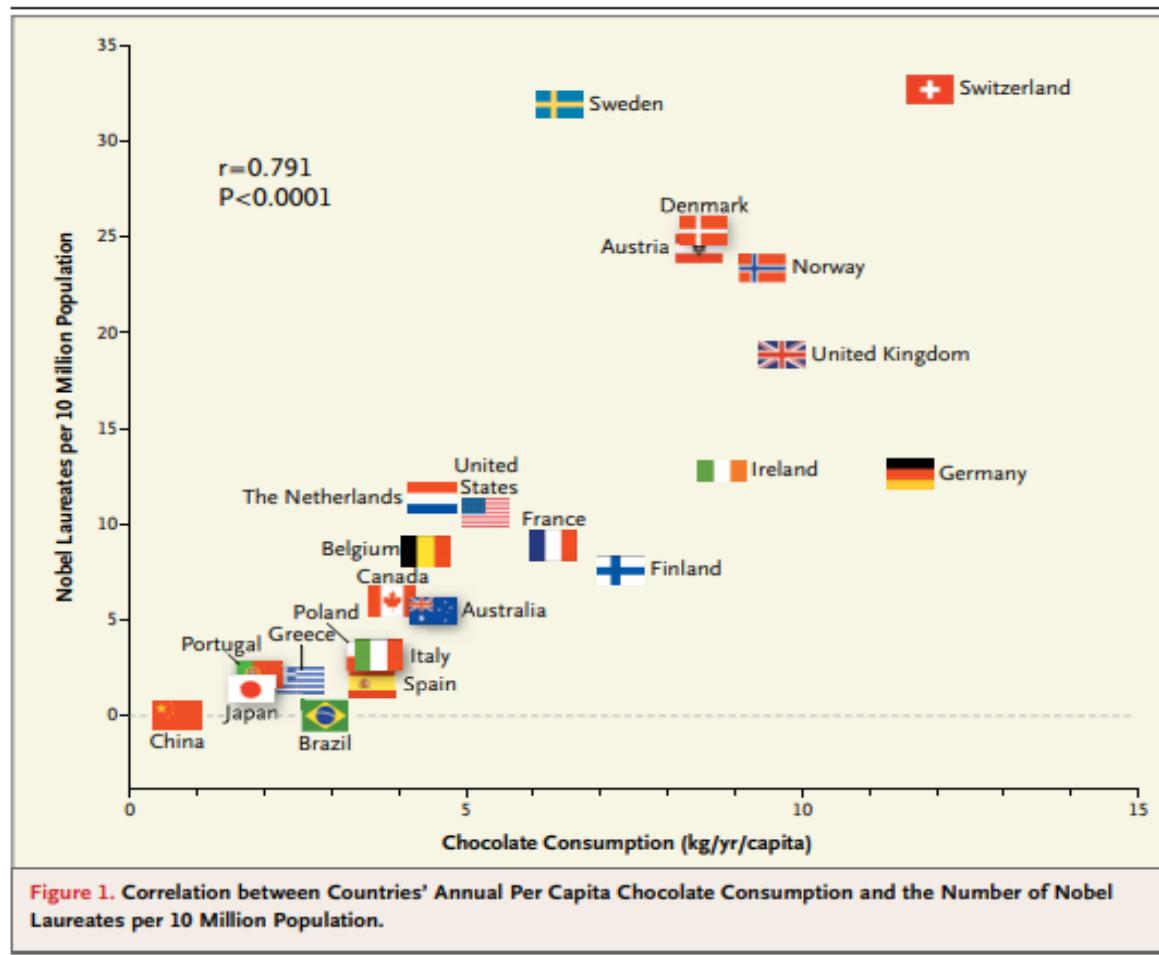


NEW YORK (Reuters Health) - Of all the chocolate research out there, the most unabashed tribute to the “dark gold” has to be a study just published in one of the world’s most prestigious medical journals.

## OCCASIONAL NOTES

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## Figure 2: OECD Savings Rates 1985-2010

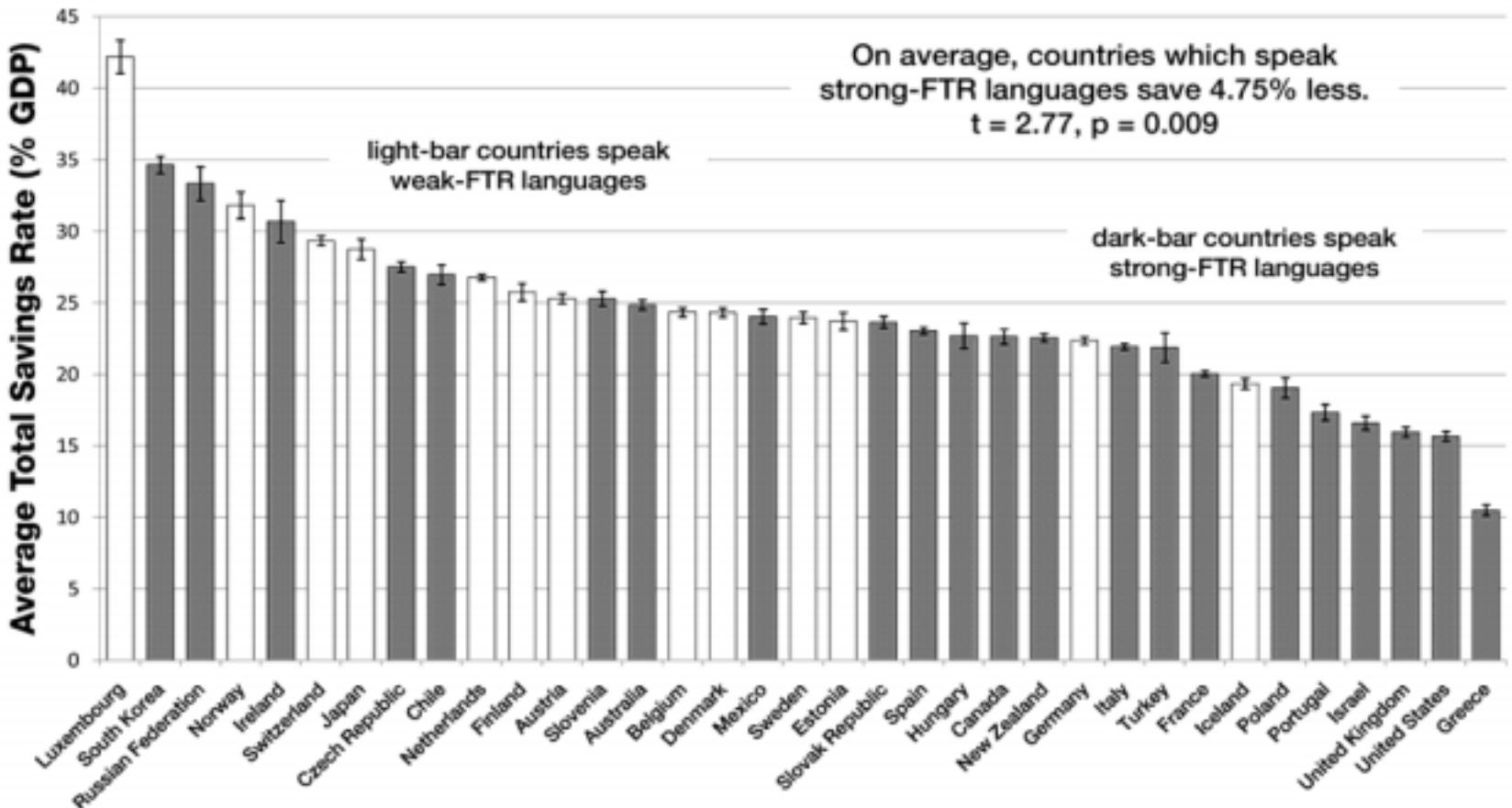


Figure 2 shows average total savings rates, accounting for both private and government consumption. Both Switzerland and Belgium have significant within-country FTR variation; for simplicity they are shaded according to their majority-FTR status. Difference in means are computed using a OLS regression where observations are clustered at the country level.