



## Alcohol, nutrition, and health consequences

<https://libcat.nshealth.ca/en/permalink/provcat32449>

- Available Online: View e-Book
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- Responsibility: Ronald Ross Watson, Victor R. Preedy, Sherma Zibadi, editors
- Place of Publication: New York, NY
- Publisher: Humana Press
- Date of Publication: c2013
- Physical Description: 1 online resource (xxi, 578 p. : 70 ill., 8 ill. in color)
- Series: Nutrition and Health
- Series Title: Nutrition and health (Totowa, N.J.)
- ISBN: 9781627030472
- Subjects (MeSH): Alcohol-Related Disorders - complications  
Ethanol - adverse effects  
Ethanol - metabolism  
Nutrition Disorders - etiology  
Nutritional Physiological Phenomena
- Subjects (LCSH): Nutrition  
Personal health and hygiene  
Emergency medicine
- Abstract: Alcohol, Nutrition, and Health Consequences provides practical, data-driven resources to help the reader understand the basics, treatments and preventive strategies that are involved in the understanding of how alcohol may affect healthy individuals as well as those with chronic alcohol use with or without relevant infectious diseases, obesity, diabetes and/or neurocognitive declines. It will also help the clinician define the causes and types of nutritional changes due to alcohol use and also explain how nutrition can be used to ameliorate its consequences. Chapters present the application of current nutritional knowledge by physicians and dietitians. Specific areas involving alcohol-related damage due to nutritional changes are reviewed, including heart disease, obesity, digestive tract cancers, lactation, brain function, and liver disease. In addition, alcohol's effects on absorption of minerals and nutrients, a key role in causing damage are treated. The importance of diet in modifying alcohol and its metabolite damage is also explained. Alcohol, Nutrition, and Health Consequences is essential reading for alcohol therapists and researchers as well as primary care physicians and dietitians and is an easy reference to help the clinician, student, and dietitian comprehend the complex changes caused by direct and indirect effects of ethanol at the cellular level via its nutritional modification.

Contents: Alcoholic and Nutrition: an Overview – Genetics of alcohol metabolism -  
- Laboratory models available to study alcohol and nutrition – Ethanol-  
induced lipid peroxidation and apoptosis in embryopathy – Alcohol Use  
During Lactation: Effects on the Mother Infant Dyad – Moderate alcohol  
administration: oxidative stress and nutritional status – Alcohol use  
and abuse: Effects on Body Weight and body composition – Alcohol  
Nutrition and health inequalities – The effect of diet on protein  
modification by ethanol metabolites – Vitamin B12 deficiency in  
alcoholics – Alcohol American Indians/Alaskan Natives and Alcohol:  
Biology, Nutrition and Positive Programs – Metabolism of Ethanol to  
Acetaldehyde in the Rat Mammary Tissue. Inhibitory Effects of Plant  
Polyphenols and Folic Acid – Dietary zinc supplementation and  
prenatal ethanol exposure – Tocotrienol and cognitive dysfunction  
induced by alcohol – Soy Products Affecting Alcohol Absorption and  
Metabolism – Oats supplementation and alcohol-induced oxidative  
tissue damage – Fish oil n-3 fatty acids to prevent hippocampus and  
cognitive dysfunction in experimental alcoholism – Alcohol in HIV and  
possible interactions with antiretroviral medications – Popular energy  
drinks and alcohol – The psychological synergistic effects of alcohol  
and caffeine – Alcohol and Smoking: A correlation of use in youth? –  
Are there Physiological Correlations between alcohol and tobacco use  
in adults? – Alcohol, HIV/AIDS and Liver Disease – Nutritional status,  
socioeconomic factors, alcohol and cataracts – Alcohol Intake and  
High Blood Pressure – Alcohol and dyslipidemia – Dietary antioxidants  
in chronic alcoholic pancreatitis – Alcohol consumption, lifestyle  
factors and risk of type 2 diabetes – Alcohol, overweight, and obesity –  
Nutrition alcohol and anorectic and bulimic adolescents – Viral  
infections and cancer during alcohol use – Ethanol and  
hepatocarcinogenesis – Alcohol, diet and their interaction in colorectal  
and urinary tract tumors – Alcohol, acetaldehyde and digestive tract  
cancer – Alcohol Intake and Esophageal Cancer: Epidemiologic  
Evidence – A Nutritional approach to prevent alcoholic liver disease –  
Nutraceutical potential of indigenous plant foods and herbs for  
treatment of alcohol related Liver damage – Alcohol and nutrition as  
risk factors for chronic liver disease – Alcohol-related liver disease:  
Roles of insulin resistance, lipotoxic ceramide accumulation and  
endoplasmic reticulum stress – Nutrition and alcoholic and non-  
alcoholic fatty liver disease: The significance of cholesterol – Dietary  
fatty acids and alcoholic liver disease – Nutrition in alcoholic  
steatohepatitis – Alcoholic and non-alcoholic fatty liver disease and  
vitamin A.

Format: e-Book

Location: Online