



Alcohol, nutrition, and health consequences

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- 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