Effect of Alcohol and Coffee in the Lipidemic Profile.

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Aim: To connected, in healthy individuals, the consumption of increased quantity of alcohol and coffee, with their ljpjdemic profile.

Material-Methods: Material of our study they constituted 153 healthy individuals (132 men and 21 women), that with base the quantity of consumption of alcohol and coffee were classified in three categories : A) 64 with increased daily consumption of coffee (> 4 cups), B) 38 with limited consumption of red wine (2-3 glasses for the men, 1-2 for the women), and C) 51 with increased (4-8 glasses for the men, and > 3-6 for the women), and chronic (> 3 years) consumption of alcohol. In all were determined the prices trjglycerides, total, HDL and LDL of cholesterol, the Lpa, From A and From B, as well as the prices of fibrinogen, while the results were compared with them 80, also healthy individuals, 65 men and 15 women, with similar medium price of age, almost without consumption coffee and alcohol.

Results: In team A the ONLY prices that presented concerning the witnesses, statistically important increase, were total, as well as the LDL cholesterol. On the contrary, in team B were recorded a net increase of levels of HDL of cholesterol, and a small reduction of levels of fibrinogen, finally, in team C we had statistically, important increase, mainly trjglycerides, but also total cholesterol, while was recorded also her small reduction From A, as well as the HDL of cholesterol.

Conclusions: It is proved, consequently, that: 1)coffee, (likely because Cafestolis that it remains in small quantity and afterwards his treatment), has dysljpIdemics results. 2)prudent consumption of red wine increases the IDL cholesterol and finally, 3)chronic consumption of big quantity alcohol, except the remainder disturbances, affects negatively also in the metabolism of lipoproteins, (reduction of activity of ferment lecithin-cholesterol-acetyltransferase, release of free greasy acids, increased excretion VLDL of lipoproteins, increased concentration dense chilomocron etc), make that is recorded by statistically important increase trjglycerides mainly, but also the total cholesterol, while is marked also her reduction so much From A, as much as the HDL of cholesterol. Of course, it deserves it is marked, that the bigger increase trjglycerides was recorded in the cases of individuals that received alcohol afterwards the food, despite with empty stomach, even if in this case, was also expected similar increase.