



## ***Did you know...***

### Youth Who are Heavy Drinkers Are at Risk for Heart Problems

Not only do all of us have to worry about the short term effects of heavy alcohol use; but now new research shows that young people who drink heavily may have a higher risk of developing problems such as heart disease and stroke later in life.

In a study that examined the lifetime drinking habits of more than 2,800 adults, researchers found that those who drank heavily in their teens and young adulthood were more likely to have a set of heart related risk factors than those who drank more moderately or very little throughout adulthood.

"There are already many reasons for encouraging young people to avoid heavy drinking," Dr. Marcia Russell, one of the researchers on the study, told Reuters Health. "Long-term health consequences, such as an increased risk of cardiovascular disease, may be another."

The findings are published in the *Journal of Clinical Endocrinology & Metabolism*.

## **Wahkiakum Community Network**

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**NEXT PUBLIC BOARD MEETING**

**April 7, 2008 7:00 - 9:00 PM**

**River Street Meeting Room 42 River Street, Cathlamet**

*Supporting community-based changes to improve the lives of children and families*