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### **Cheers! Study sees more wine benefits**

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You've heard about the health benefits of red wine, which is rich in antioxidants. Now there is even more good news for moderate drinkers: A recent study by researchers at the University of California, Los Angeles found that healthy people age 50 and older who drink small-to-moderate amounts of alcohol appear less likely to suffer from age-related physical disabilities than people who don't drink.

The report, published in the most recent issue of the American Journal of Epidemiology, defines light-to-moderate drinking as less than 15 drinks per week with a daily maximum of five drinks for men and four for women.

People over 50 who drink within these limits have about 25 percent lower chance of being unable to carry out daily activities such as walking, dressing, running errands or doing chores.

The apparent health benefits of alcohol do not apply to binge drinkers or to people who are already in poor health.

The Washington Post

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