THE EFFECTS OF WINE CONSUMPTION ON CARDIOVASCULAR DISEASE AND ASSOCIATED RISK FACTORS: A NARRATIVE REVIEW

Background: According to Strategy 11 of the OIV Strategic Plan 2009–2012, Nutrition and health– individual and societal aspects and the following OIV strategic plan, one role of the OIV is to collect scientific information in order to promote and provide direction for research on the effects of wine and other vine-product consumption on human health.

Considering that the work of other international organisations, including the World Health Organization (WHO), on the effects of the consumption of alcoholic beverages on human health should be taken into account,

Considering that the OIV emphasises that all information concerning the effects of wine on health must be presented in a competent and balanced manner,

In March 2010, the "Consumption, Nutrition and Health" Expert Group discussed extensively the items for the future work of this Group and decided to establish a working group coordinated by the General Secretarial Office of the OIV and including Croatia, Italy, Spain and France for developing a discussion paper on the cardiovascular effects of the wine consumption.

The group further considered the discussion paper during several sessions. In 2017, the final document was duly presented and discussed and has been submitted and published in OenoOne Open access Journal.

Abstract: Aim: Accumulating evidence suggests that regular moderate consumption of wine can positively influence risk factors associated with cardiovascular health. These effects are often attributed to grape and wine-derived phenolic compounds and their effects on risk factors such as atherosclerosis, for which mechanisms have been clearly identified, such as a decrease in the oxidation of LDL-cholesterol and reduction of oxidative stress, and an increase in nitric oxide and related restoration of endothelial function. In addition, the ethanol component of wine increases HDL-cholesterol, inhibits platelet aggregation, promotes fibrinolysis and reduces systemic inflammation.

Methods and Results: Scientific research needs to be conducted, however, before we can begin to provide science-based dietary recommendations, although there is sufficient evidence to generally recommend consuming food sources rich in bioactive compounds such as wine in moderation.

Conclusions – Significance and impact of the study: This narrative review examines published evidence on the cardioprotective effects associated with wine-derived compounds, with a primary focus on the development and progression of atherosclerosis and thrombosis.

Reference: Teissedre, P.-L., Stockley, C., Boban, M., Ruf, J.-C., Ortiz Alba, M., Gambert, P., & Flesh, M. (2018). The effects of wine consumption on cardiovascular disease and associated risk factors: a narrative review. OENO One, 52(1), 67-79. https://doi.org/10.20870/oeno-one.2018.52.1.2129