Table 1

Overall reported emotions by type of alcoholic drink in 29,836 survey respondents

	Type of drink								
Positive emotions	**Spirits (%)**	**(95% CI)**	**Red wine (%)**	**95% CI**	**White wine (%)**	**95% CI**	**Beer (%)**	**95% CI**	**P**
Energised	58.36	57.80-58.92	7.14	6.84-7.43	15.07	14.66-15.47	24.76	24.27-25.24	< 0.001
Confident	59.08	58.52-59.63	27.88	27.37-28.39	28.27	27.76-28.78	44.54	43.97-45.10	< 0.001
Relaxed	20.15	19.70-20.61	52.80	52.23-53.37	32.67	32.14-33.20	49.87	49.30-50.43	< 0.001
Sexy	42.42	41.85-42.98	25.20	24.71-25.70	23.73	23.24-24.21	18.86	18.41 -19.31	< 0.001
Negative emotions									
Tired	15.33	14.92-15.74	60.08	59.52-60.63	18.44	18.00-18.88	38.92	38.36-39.47	< 0.001
Aggressive	29.83	29.31-30.35	2.57	2.39-2.75	2.74	2.55-2.92	6.73	6.44-7.01	< 0.001
Ill	47.82	47.26-48.39	19.29	18.84-19.74	14.50	14.10-14.90	16.71	16.28-17.13	< 0.001
Restless	27.81	27.30-28.32	5.18	4.93-5.43	6.43	6.15 -6.71	9.34	9.01-9.67	< 0.001
Tearful	22.24	21.77-22.71	17.10	16.67-17.52	9.96	9.62-10.30	9.88	9.54-10.22	< 0.001

drinking red wine; although almost half (49.87%) reported feeling relaxed when drinking beer. Drinking spirits was more likely to be associated with feelings of aggression, illness, restlessness and tearfulness than all other drink types. Red wine was the drink most likely to make people feel tired (60.1%).

Women were significantly more likely than men to report each emotion, apart from aggression, as a result of drinking any type of alcohol. Younger age groups (18-24 years) reported emotional changes, apart from aggression and tiredness, more often than older respondents (25-34 years).

Men were significantly more likely to report aggression. Heavier drinkers were more likely to report all emotional changes as a result of drinking. This relationship was especially strong for aggression: adjusted odds ratio 6.4 (95% CI: 5.79-7.09; P < 0.001) for possible dependent drinkers compared with low-risk drinkers.

A greater proportion of respondents with lower educational attainment reported both positive and negative emotions when drinking compared with those who had higher educational levels.

The information from this study is of significant interest particularly to public health bodies. It could be used to inform strategies and target public health messages to address unhealthy drinking in different groups e.g. the young and those who drink heavily.

It is hard to understand the different perceived effects that various types of alcohol have on mood, unless there are unexplored factors arising from choice of alcoholic drink at different times of day, choice dependent on current mood which is then enhanced, learned behaviour associated with different alcohol choices, or potential effects from the congeners present in the different drinks.

DR JEZ THOMPSON

Ashton K, Bellis MA, Davies AR et al. Do emotions related to alcohol consumption differ by alcohol type? An international cross-sectional survey of emotions associated with alcohol consumption and influence on drink choice in different settings. *BMJ Open* 2017;7:e016089. doi:10.1136/ bmjopen-2017-016089

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Cardiovascular disease

Heavy drinking and smoking associated with visible signs of ageing

The risk of developing age-related visible signs, such as arcus cornea and earlobe crease, was higher in smokers and heavy drinkers in a prospective study from Denmark.

A total of 11,613 individuals enrolled in the Copenhagen City Heart Study, a prospective cardiovascular study of the Danish population set up in 1976, were studied. Self-reported information on alcohol intake, smoking habits and other lifestyle factors were recorded on questionnaires. Participants were examined for the visible age-related signs of arcus cornea, xanthelasmata, and earlobe crease in 1976, 1981-83, and 1991-94 and for male pattern baldness in 1976 »

Table 1

Hazard ratio (HR) and attributable fraction for arcus cornea and earlobe crease in participants with heavy alcohol intake and current smoking

	Alcohol intake (heavy drinking > 21 drinks/week			Smoking (current smoking)		
	HR	(95% CI)	Attributable fraction (range)	HR	(95% CI)	Attributable fraction (range)
Arcus cornea	1.35	1.21-1.51	26% (17-34%)	1.21	1.11-1.33	17% (10-25%)
Earlobe crease	1.31	1.16-1.48	24% (13-32%)	1.09	1.00-1.19	8% (1-17%)

and 1991-94. Examination was carried out by trained nurses or laboratory technicians who did not know the participant's risk or disease profile.

The average age of the participants was 51, ranging from 21 to 86 for women, and 21 to 93 for men. Median alcohol consumption was 2.6 drinks/week for women and 11.4 for men. Just over half the women (57%) and around two-thirds of the men (67%) were current smokers.

The risk of developing arcus cornea, earlobe crease and xanthelasmata was increased in smokers. For alcohol consumption, a high intake was associated with the risk of developing arcus cornea and earlobe crease, but not xanthelasmata, see table 1, above.

Neither heavy drinking (> 21 drinks/week) nor smoking were associated with male pattern baldness.

Furthermore, light to moderate drinking was not associated with biological ageing and there was no difference in the prevalence of the signs of ageing between light to moderate drinkers and non-drinkers.

'Visible age-related signs have been found to predict cardiovascular disease and death, indicating that biological age to some extent can be observed visually,' the study authors state.

'We found that a high alcohol intake and smoking were associated with increased occurrence of visible age-related signs and thus looking older than one's actual age. This may reflect that heavy drinking and smoking increases general ageing of the body,' they conclude.

However, this was an observational study so it cannot prove causality and the data on smoking and drinking relied on patient recall which of course is subject to bias. Finally, the study did not address underlying stress which can be associated not only with cardiovascular risk but also smoking and heavier alcohol consumption.

DR PETER SAVILL

Schou AL, Mølbak M, Schnor P et al. Alcohol consumption, smoking and development of visible age-related signs: a prospective cohort study. *J Epidemiol Community Health* 2017;71:1177-84

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