# Article information:

Even a little alcohol can harm your health, new research shows - CNA Lifestyle  
<https://cnalifestyle.channelnewsasia.com/wellness/even-little-alcohol-can-harm-your-health-new-research-shows-346936>

# Article summary:

1. Recent research has revealed that excessive alcohol use results in 140,000 deaths per year in the US.

2. Even small amounts of alcohol can have health consequences, such as DNA damage and increased risk of cancer and heart disease.

3. There is no evidence to support the idea that low doses of alcohol are beneficial for heart health.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article “Even a little alcohol can harm your health, new research shows” by CNA Lifestyle is generally reliable and trustworthy. The article provides a comprehensive overview of the risks associated with drinking even small amounts of alcohol, citing recent research from the University of Victoria’s Canadian Institute for Substance Use Research and the Centers for Disease Control and Prevention (CDC). It also explains how alcohol causes health problems, such as DNA damage and oxidative stress, as well as its link to various types of cancer.

The article does not appear to be biased or one-sided; it presents both sides of the argument fairly by noting that some studies have suggested that low doses of alcohol may be beneficial for heart health, while more recent research has found that even low levels of drinking slightly increase the risk of high blood pressure and heart disease. The article also does not contain any unsupported claims or missing points of consideration; all claims are backed up with evidence from reputable sources.

The only potential issue with this article is that it does not explore any counterarguments to its main point – that even small amounts of alcohol can be detrimental to one’s health – which could have provided a more balanced view on the topic. However, overall this article is reliable and trustworthy in its presentation of information about the risks associated with drinking even small amounts of alcohol.

# Topics for further research:

* Alcohol consumption and cancer risk
* Low-dose alcohol and heart health
* Alcohol-related DNA damage
* Oxidative stress and alcohol
* Alcohol and high blood pressure
* Alcohol and cardiovascular disease

# Report location:

<https://www.fullpicture.app/item/bc514048a09032a7fc47b2c1279b38e2>