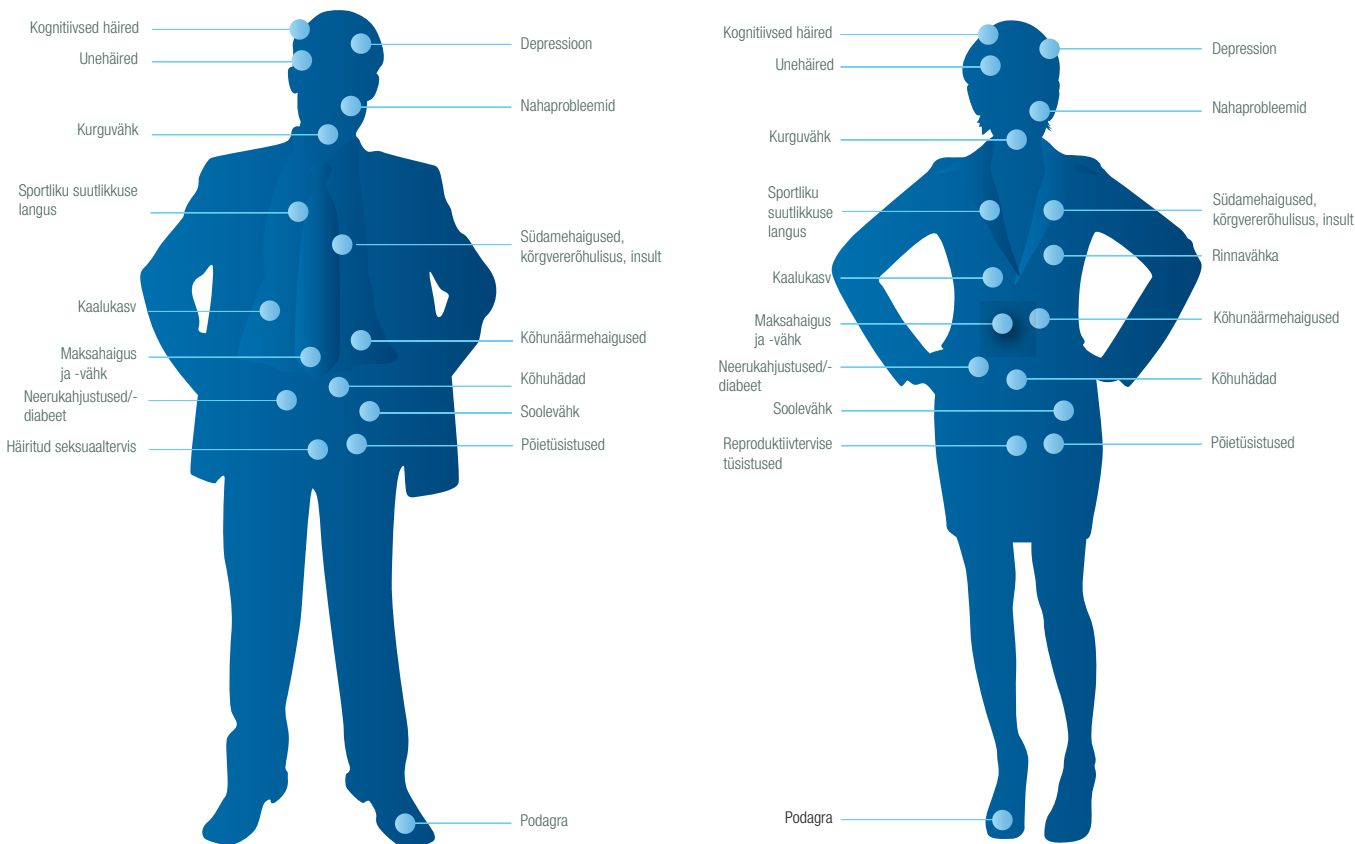


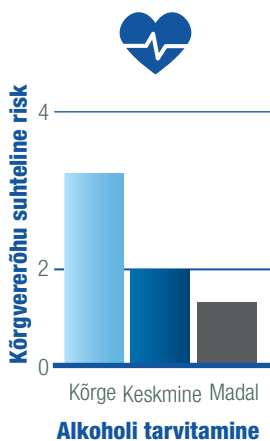
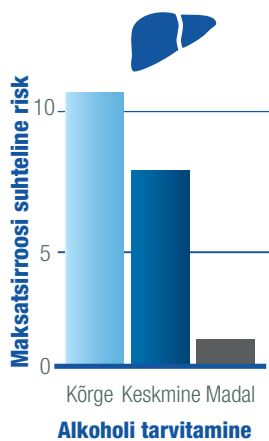


Kahjutekitava alkoholitartvitamise mõjud

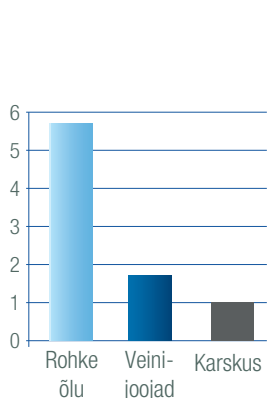
Alkohol on toksiline enamikule organitest: alkoholi kahjulikud mõjud inimkehale^{13,14}



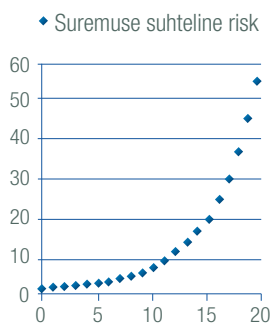
Alkoholi tarvitamise vähendamine toob märkimisväärse tervisekasu¹⁵



Seedetrakti kasvivate riskitase*



Alkoholi riskikurv (nt maksatsirroosi suremus)¹⁶



Suhteline kasu suuremiseriski vähenemisele erinevate tasemete puhul, mis tuleneb joomise vähendamisest kolme alkoholiühiku võrra päevas¹⁷



Kõik alkoholi riskikurvid on eksponentsiaalsed, rajanedes kas keskmisele tarvitamisele või vere alkoholisisaldusele.

*Allikas: <https://www.ima.org.il/FilesUpload/IMAJ/0/55/27730.pdf>

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