**ALCOHOL CONSUMPTION AND INCIDENCE OF HEART FAILURE IN MEN WITH CORONARY ARTERY DISEASE**

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*Background*: While previous studies have reported a lower risk of coronary heart disease (CHD) and heart failure with moderate alcohol intake in the general population, only limited data are available on the association of moderate drinking and risk of heart failure in adults with CHD.

*Objective*: We sought to test the hypothesis that light-to-moderate drinking is associated with a lower risk of heart failure in men with prevalent CHD.

*Methods*: Prospective study of 2,502 participants from the Physicians’ Health Study (PHS) who completed a food frequency questionnaire between 1999 and 2002 and had prevalent CHD (prior myocardial infarction, coronary angioplasty, or bypass surgery). Information on alcohol intake and lifestyle factors was self-reported. We ascertained incident heart failure using annual questionnaires with a validation (via review of medical records) in a subsample.

*Results*: Mean age was 71.9 years (range: 51 to 96 y) in the cohort. During a mean follow up of 8.3 years, 282 subjects developed heart failure. There was an inverse association between alcohol consumption and incidence of heart failure. When compared to never drinkers, hazard ratios (95% confidence intervals) of heart failure were 0.84 (0.60-1.19), 0.73 (0.50-1.04), 0.65 (0.46-0.91), and 0.62 (0.41-0.94) for drinkers of up to 2 drinks/week, 3-6 drinks/week, 1-2 drinks/d, and 3+ drinks/d, respectively, after adjustment for age, body mass index, smoking, exercise, prevalent atrial fibrillation, hypertension, and cancer (p trend 0.006). Exclusion of participants with less than 2 years of follow up did not alter the results (p trend 0.008).

*Conclusion*: In this cohort of US male physicians, light-to-moderate alcohol consumption was associated with a lower incidence of heart failure.