

Light to Moderate Drinking Linked to Lower Stroke Risk in Women

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Drinking up to one glass of wine per day may lower the risk of stroke in women, according to a study published in the journal *Stroke* and reported by [HealthDay](#) News.

For the study, researchers at Brigham and Women's Hospital in Boston examined data from nearly 84,000 women who took part in the Nurses' Health study. The women had no evidence of heart disease and were followed for up to 26 years, providing information about their diet, alcohol consumption, lifestyle habits and stroke occurrence.

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<http://beta.docker.tusaludmag.com/article/Drinking-and-Stroke-22068-6665>