

Association of Alcohol Intake In Relation With Transient Ischemic Attack (TIA)- A Narrative Review

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Background

Alcohol consumption, a modifiable lifestyle factor, has increased rapidly over the past decade across a range of age groups, communities, and nations. Alcohol use has been identified as a major global risk factor for mortality and disability, accounting for an estimated 5.3% of all deaths and 5.1% of disability-adjusted life-years in 2015–16. It is an inevitable risk factor for stroke, physical trauma, cardiovascular illnesses, and certain forms of cancer. Age, sex, familial history of stroke, cigarette smoking, hypertension, obesity, and lack of exercise are attributes that increase the risk of stroke. Alcohol use does, however, also have a preventive impact; studies have shown that moderate alcohol use significantly reduced the incidence of hemorrhagic, ischemic, and total strokes.

Objective

The main objective of this study was to investigate the effects of alcohol intake and its association with transient ischemic attack.

Method

We have reviewed papers from several search engines such as PubMed, Google Scholar, and Elsevier from the years 2017-2023 and compiled all the relevant information and data into our review.

Discussion and Result

People from a variety of age groups, lifestyles, and communities were prospectively analyzed with varying drinking habits in order to examine alcohol consumption and its effects on the body. It was discovered that excessive alcohol consumption can result in blood pressure increases that can cause ischemic stroke, cerebral vasospasm, dehydration, atrial fibrillation, and hypertension. Moreover, it was also proved that alcohol consumption was associated with a transient increased risk of ischemic stroke in the subsequent hour that was 2.3 times higher than the risk during periods with no alcohol consumption. Studies have also found that the health advantages for the next 24 hours might balance the temporary increase in stroke risk associated with moderate alcohol use; nonetheless, having numerous drinks at once may result in a rapid rise in acute risk and possibly an increase in long-term risk as well.

Conclusion

In conclusion, our analysis has shown that excessive alcohol consumption might significantly raise the risk of transient ischemic stroke by impacting other variables including dehydration and elevated blood pressure. Additionally, we have discovered that consuming more than 2 drinks per day is linked to an increased risk of transient ischemic stroke, and that a single little amount of alcohol can momentarily raise the risk for ischemic stroke for as long as two to three hours. Lastly, there was a greater risk of ischemic attack when alcohol drinking was stopped at any level.