

Alcohol use and risk of dementia in diverse populations: evidence from cohort, case-control and Mendelian randomisation approaches

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- **Take home:** Heavy drinking and alcohol use disorder greatly increased the risk of dementia compared to light drinking
- There was a small association of light drinking (7-14 drinks per week) with slightly lower risk of dementia but....
- Additional analyses suggested even light drinking may slightly increase the risk for dementia
- <https://ebm.bmj.com/content/early/2025/09/16/bmjebm-2025-113913>

