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QUANTITY-FREQUENCY RESPONSE EFFECT OF ALCOHOL USE: A LITERATURE REVIEW

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Over the years, the rate of increase in alcohol problems has been basically subject to the dose dependent effect. Current epidemiological data including a recent study by Welcome and colleagues (*Pirt Harcourt Med J* 2008; 3: 120-129) showed that for approximately the same per session dose of alcohol used, the effect was greater for the problem drinkers, compared to the moderate drinkers as a result of the 1.8 times difference in frequency ($p < 0.001$). The results of our 4 year survey involving over 2000 participants confirmed that for almost the same per session dose of alcoholic beverages, the effects were significantly greater for the problem drinkers by 2.4-45 times. The frequency was higher for the problem drinkers by 3.2 times ($p < 0.0001$). This phenomenon of increase alcohol effects even for an equal per session dose, but different frequency of its use could be referred to as the "frequency response effect". Our analysis of epidemiological and clinical data for the last six decades revealed that even for a little increase in frequency of alcohol use (even for almost the same per session dose) the resultant effect was enormously huge. The frequency response effect of alcohol use should therefore be greatly considered in any case of alcohol involvements. Finally, it is however pertinent to note that while most acute cases of alcohol involvements are caused by bingeing, the frequency response effect might only be blamed, in most cases, for chronic alcohol problems.