

It is known that smoking increases the risk of oncology, lung diseases and heart. Scientists from Spain and France decided to find out whether the simultaneous use of alcohol increases the likelihood of type 2 diabetes. Their results were published in the American Journal of Preventive Medicine.

To conduct a new study, experts used these cohorts of participants in the long-term French research of Nutrinet-Santé. This work began in 2009 and continues to this day. In a new study, scientists analyzed the data of more than 110,000 participants, 79% of which were women. The average age of the subjects was 43 years, observed each of them on average 7.5 years.



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As a result of the analysis, experts did not find a significant connection between alcohol and diabetes. The same thing concerned the groups that simultaneously smoked and drank alcohol.

However, it turned out that those who smoked or smoke at present, the probability of developing diabetes is 36% higher than those who have never smoked. People who smoked a lot, this risk was more than twice as high as those who smoked little or moderately.

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