

“Preventing strokes” @ <http://www.youtube.com/ESL4free>

Moderate alcohol consumption is good: 2 drinks may reduce stroke by 30% but <sup>1</sup>  increases risk by 70%.

Results from <sup>2</sup>  of 35 previous studies (1966-2002)

Moderate drinking cuts down risk of ischemic stroke where clotting cuts blood supply to <sup>3</sup>  - 80% of strokes are ischemic.

Doctors' advice should be based on individual situations.

Note that <sup>4</sup>  g. daily (= 5+ drinks) increase risk by 64% compared to non-drinkers.

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**DIFFICULT WORDS AND EXPRESSIONS IN THE LISTENING**

**Blood clot:** blood which has become almost solid

**Consumption:** the amount used up (in this case, drunk)

**Food for thought:** something to think about

**Grossly overweight:** very, very overweight

**Heavy drinkers:** people who drink a great deal of alcohol

**Instinctively:** by nature, without thinking about it

**Moderate:** neither small nor large but between the two

**Stroke:** a sudden change in the blood supply to the brain