

Even limited bingeing can damage the liver

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Alcohol consumed during just seven weeks of intermittent binge drinking harms the liver in ways that more moderate daily drinking does not, according to researchers at UC San Francisco. The scientists discovered that just 21 binge drinking sessions in mice were enough to cause symptoms of early-stage liver disease. Binge drinking produced fatty liver tissue and triggered early stages of inflammation, both indicators of alcohol-induced liver disease. Binging also increased the levels of alcohol-metabolizing enzymes, whose activity can produce oxidative damage and other forms of harm to the liver. Their work appears in the Jan. 19, 2017, ?EarlyView? online edition of the journal *Alcoholism: Clinical and Experimental Research* [1]. <more> [2]

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Links

[1] <http://onlinelibrary.wiley.com/doi/10.1111/acer.13303/full>

[2] <http://www.ucsf.edu/news/2017/01/405561/binge-drinking-may-quickly-lead-liver-damage>