

CHE 2531- 102 Wine and Health

SPRING 2006

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Class meetings: on Tuesday and Thursday from 7:00 pm to 8:15 pm in CAP 307

Office Hours: Monday and Wednesday 10am – 12pm

Text: Alcohol and Wine in Health and Disease

Dipak K. Das & Fulvio Ursini

Prerequisite: none

Course description: The purpose of this course is to introduce the students to basic information regarding wine, wine and health, historical and current scientific data about the role of wine in human life, and to increase the knowledge of the benefits and the awareness of the negative effects of wine consumption. This is a 3 semester - hour course.

1. Wine and human health: historical review. Useful properties of wine;
2. Alcohol Benefits Vs. Risks, Alcohol In Moderation;
3. Physiology and Metabolism of wine in the human body;
4. Ethical aspects in wine drinking. Cultural, ethnical, traditional wine consumption. Alcoholism and Social Drinking;
5. Wine and food; The Mediterranean Diet Pyramid;
6. Wine and health research;
7. Medically, is wine just another alcoholic beverage? Are some wines better than others?
8. Differences in ethanol metabolism;
9. Alcohol as a drug; Biogenic amines, sulphites, histamine;
10. Headache, Migraine, Allergic reactions, Hangover -
11. Cardio protective properties of wine. Wine and cardiovascular health
12. Alcohol and cancer. Red wine health benefits may be due in part to the "estrogen" in the grape skin. Facts about the consumption of alcohol and its association with breast cancer; Muscadine wine;
13. Drinking and the brain: current evidence; Wine and Alzheimer's disease; Depression and wine;
14. The use of alcohol during pregnancy. Alcohol and the early phases of life. FAS;
15. Wine and Degenerative Diseases;
16. Wine and ethanol: issues in nutrition;
17. Wine, Thiamine and the Wernicke-Korsakoff Syndrome (Neuropathy);
18. Wine and health - new initiatives. World-wide watch on wine and health: agendas and outcomes;
19. Statistics and their importance in science of wine and health;
20. Students project; Presentation
21. Final Exam;

