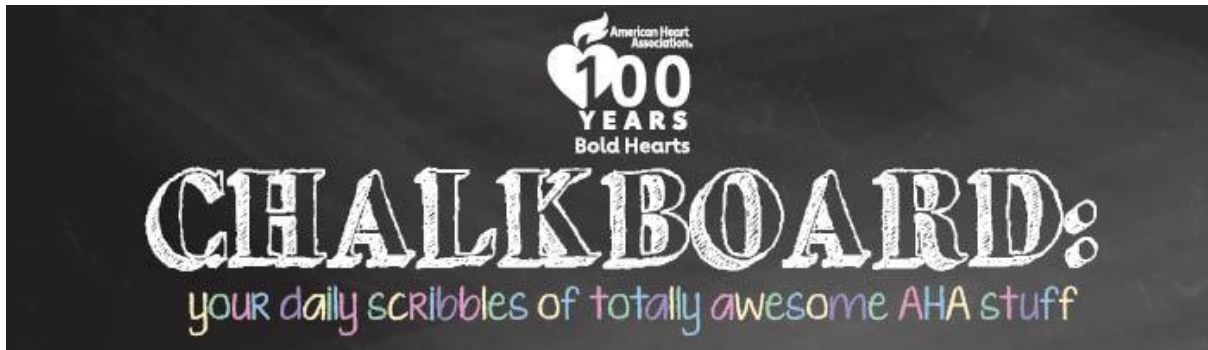


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Thursday, August 1, 2024

TL;DR – In this issue of *Chalkboard*

- Two new studies investigate how binge drinking and alcohol intake during hormone replacement therapy can impact cardiovascular health.
- Everyone deserves to feel supported in their workplace! Employers can take action now with our Employer Resource Guide.
- Have you been tuning in? Check out some fun and kid-friendly Olympics facts!

quote of the day

“Around the holidays, opportunities for celebration – often accompanied by heavy drinking – occur during a brief period of time. Unfortunately, this sometimes sends revelers, even those with no previous heart condition, to the hospital with a racing or abnormally beating heart. Our study in mice explored [...] a possible way to prevent it in the future.”

- Saugat Khanal, Ph.D., lead author and a post-doctoral scholar in the department of physiology & cell biology at The Ohio State University College of Medicine

inside the chalk

Alcohol and the heart

Last week, [two new research studies](#) were presented at the American Heart Association's Basic Cardiovascular Sciences Scientific Sessions around the effects alcohol consumption has on the heart. The first study may help explain why binge drinking -- defined as five drinks within two hours for men and four drinks within two hours for women -- sometimes causes an irregular heartbeat and a possible way to prevent it. The second study investigated why alcohol may have a negative impact on heart function in women taking estrogen replacement therapy.

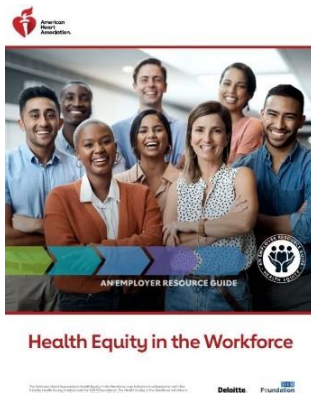
In the first study, researchers sought to investigate “holiday heart syndrome” – a

term linked to repeated binge drinking and irregular heart rhythms that often occur around the holidays. Researchers discovered that a molecule called Alda-1 can reduce the stress protein in the heart that spikes while binge drinking. Scientists simulated binge drinking in mice, and more than 70% developed an abnormal heart rhythm. But those treated with Alda-1 didn't, suggesting it could be a potential treatment for preventing irregular heartbeats related to binge drinking. The [AHA continues to recommend](#) limited or no alcohol consumption for optimal cardiovascular health.

The second study investigated why alcohol may have a negative impact on heart function in women taking estrogen replacement therapy. While estrogen is a hormone that keeps blood vessels open and flexible and offers some protection against heart disease, alcohol exposure has been found to worsen heart function, and this effect is more pronounced in women than in men. In rats receiving estrogen replacement, alcohol exposure resulted in negative changes in heart function, highlighting the need for careful consideration of alcohol consumption in women, especially those on hormone replacement therapy.

NOTE: While some of these results are promising, it is important to note that the models may not fully represent human conditions and that abstracts presented at scientific meetings are not peer-reviewed and are therefore considered preliminary.

resource of the day



Health Equity in the Workforce Employer Resource Guide

Health equity means well-being for everyone in the workplace. We have collaborated with the Deloitte Health Equity Institute and the SHRM Foundation on the Health Equity in the Workforce [Employer Resource Guide](#) to provide employers with an actionable roadmap toward health equity. Share the link above with your volunteers and sponsors to download the guide.

 mission in action



Five Questions with Cheryl Muscott, Senior Development Director, School Engagement

Midwest

1) If you could eat one food for the rest of your life, what would it be?

Anything Mexican. Our dinners consist of chicken fajitas, tacos, enchiladas, tostadas, etc. It's always Mexican!

2) How many cups of coffee, tea or beverage of choice do you have each morning?

My beverage of choice is unsweetened iced tea. I have not mastered a good tea recipe from home so I typically will buy a large iced tea every day from somewhere. Usually Tim Hortons or Bigby – they have the best iced tea in the land!

3) Are you an early bird or night owl?

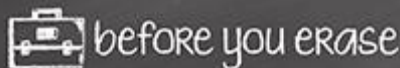
I am neither, I could go to bed at 10 p.m. and sleep until 10 a.m. with a nap at 3 p.m. I like to sleep LOL.

4) If you could learn one new personal skill, what would it be?

Surfing! It has always been my dream to ride the waves! I took lessons once in Hawaii and would love to do it again. You can't really surf much in Michigan.

5) You have your own late-night talk show, who do you invite as your first guest?

Kid Rock! I'm a huge fan and love everything Kid Rock. I've seen him in concert at least 20 times. I ran into him at a Halloween party when I was 21. It was the highlight of my life (at the time). LOL!



Well, whaddya know?

Did you know that the first Olympic games took place in 776 B.C.? And did you know that tug of war used to be an Olympic sport? As the Olympics in Paris continue to capture the world's attention, here are some [kid-friendly facts about the Olympics](#) that you'll want to share. Enjoy!

With heart,

The [AHA Resource Center](#) Team



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