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**GAPPIG CRITERIA FOR DETERMINING LOW TO MODERATE ALCOHOL DOSE**

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Alcohol recommendations have been mostly based on the functions of the circulating system. Extensive literature data analysis revealed that the recommended 1-2 drinks/day in most cases has resulted in unexpected negative outcome. Even though the excretion time of alcohol by the body is known, little is known about the intracellular changes caused by the slight increase in blood alcohol concentration. As a result, much is still needed to be done in the subject. Many studies have been confirmed the age differences in alcohol use and related problems. Based on current literature data, generalizing alcohol recommendations based on its effects on the circulating system, or body mass index is actually misleading. Recent epidemiological data show that low to moderate dose of alcohol is harmful for certain professions, as it is linked to metabolic incompetency under effective work. We therefore, provided a no-addition-subtraction criterion, called the GAPPIG, which put in analysis, all of the following parameters: Gender, Age, Profession, Prevalent disease in the population, Individual's health status, Genetic predisposition. The GAPPIG criteria put into consideration all the determinants of work performance as well as factors that modulate alcohol effects.