

9/2017

## ☆ Alcohol consumption (Jorgenson, 2017)

Eric Jorgenson, et al.  
Molecular Psychiatry

Addiction Alcoholism

### STUDY SUMMARY

Alcohol consumption is associated with different variants depending on your specific ethnic group.

### STUDY DESCRIPTION

Alcohol consumption is a complex trait influenced by both genetic and environmental factors. It is highly correlated with alcohol use disorders such as alcohol dependence and alcohol abuse. Excessive alcohol consumption also increases the risk of other health conditions, such as liver problems, cardiovascular diseases, and cancer. This study examined individuals from various ethnic populations to determine the genetic variants associated with alcohol consumption. They defined variation in alcohol consumption as 2 factors: if the individual was a drinker or not and if they were a drinker, the number of drinks per week. 2 of the variants identified were significant for people of multiple ethnic groups (trans-ethnic), while the other 2 were associated within specific populations.

### DID YOU KNOW?

More than 7% of Americans over the age of 18 have a drinking problem. That's 1 in 13 adults! While the numbers vary depending on the source, men who drink less than 4 drinks a day or 14 during a week and women who drink less than 3 drinks a day or 7 during the week are not considered alcohol dependent.

### YOUR DETAILED RESULTS

The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to increased alcohol consumption. The variants highlighted in blue have **negative effects sizes** and decrease your genetic predisposition to increased alcohol consumption. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to increased alcohol consumption. However, please note that genetic predispositions do not account for important non-genetic factors like lifestyle. Furthermore, the genetics of most traits has not been fully understood yet and many associations between traits and genetic variants remain unknown. For additional explanations, click on the column titles in the table below and visit our [Nebula Library tutorial](#).

VARIANT <sup>Ⓢ</sup>	YOUR GENOTYPE <sup>Ⓢ</sup>	EFFECT SIZE <sup>Ⓢ</sup>	VARIANT FREQUENCY <sup>Ⓢ</sup>	SIGNIFICANCE <sup>Ⓢ</sup>
rs7686419_A	A / A	-0.04 (↓)	46%	$3.41 \times 10^{-10}$
rs4665985_C	A / C	0.04 (↑)	44%	$2.26 \times 10^{-8}$