



Changes in Alcohol Consumption and Risk of Dementia in a  
Nationwide Cohort in South Korea | Dementia and Cognitive  
Impairment | JAMA Network Open | JAMA Network

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**Question** Is a change in alcohol consumption associated with the incidence of dementia?

**Findings** In this cohort study of 3 933 382 individuals in Korea, maintaining mild to moderate alcohol consumption was associated with a decreased risk of dementia compared with sustained nondrinking, whereas sustained heavy drinking of alcohol was associated with an increased risk of dementia. Reduction of drinking from a heavy to a moderate level and initiation of mild drinking were associated with a decreased risk of dementia compared with a sustained level of drinking.

**Meaning** These findings suggest that the threshold of alcohol consumption for dementia risk reduction is low.

Abstract