

Topic of dissertation: **Alcohol in diet and its impact on human health**

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Study program: General Medicine

Comments:

The diploma work consists of 27 pages and is divided into following sections: introduction, pharmacodynamics of ethanol, bodily impacts, alcoholism, prevention, conclusion, references.

The work describes in detail pathophysiology of adverse effects of excessive alcohol consumption on various body systems and organs. However, its impact on lipoproteins (HDL cholesterol and triglycerides) is not mentioned at all.

In chapter "Pharmacodynamics of ethanol" there should be a mention of the speed of ethanol degradation.

Positive impacts of moderate alcohol consumption on cardiovascular system (increase in HDL-cholesterol) are missing.

Social consequences of alcoholism should be mentioned in chapter "Alcoholism".

With regard to the topic there is lack of information about different types of alcohol beverages, their possible benefits (content of antioxidants ...), hidden calories etc.

Discussion with respect to both preventive and adverse effects of alcohol is missing.

Chapter "Prevention" and "Conclusion" should be directed again in regard to both preventive and adverse effects of alcohol.

Recommended evaluation: **good (3)**



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Mgr. Dana Kubisová