

Press Release

HKAM and HKCCM Oppose the Promotion of Alcohol Use during Sports

(Hong Kong, 4 August 2017) In light of an initiative of “Beer Run” organised by a social enterprise promulgating consumption of alcohol in a running activity to be held in November, the Hong Kong Academy of Medicine (HKAM) and the Hong Kong College of Community Medicine (HKCCM) oppose this improper suggestion and would like to state their position on this matter.

The HKAM and the HKCCM support the promotion of sport activities, and believe it will enhance the health of the community.

Alcohol has variable adverse effects on health. The HKCCM advises that consumption of alcohol over time, or on a single occasion, may cause detrimental effects on health. Effects on the brain may cause mood changes and depression. It may also cause liver cirrhosis, blood loss through the gut and pancreatitis. Alcohol users may also develop high blood pressure and heart disease.

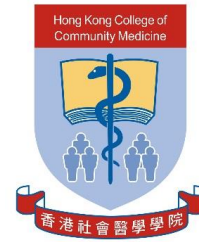
Alcohol is one of the most well-established causes of several types of cancers. It is strongly associated with cancers of oral cavity (mouth), pharynx (throat), larynx (voice box), oesophagus, liver, breast and colon & rectum (bowel). Chronic alcohol use is also associated with the development of certain cancers, particularly liver cancer. Furthermore, all types of alcohol increase cancer risks.

Excessive use of alcohol will impair the immune system and increase susceptibility to various infections.

Alcohol use during sports, such as running, is strongly discouraged. It will impair the judgement of the runners and lead to injuries. Its diuretic effects will cause further dehydration and enhance the risk of heat stroke, and in the worst case kidney failure. It will raise the heart rate with additional and excessive burden on the heart which already has to cope with the increased demand due to running. Moreover, it causes vasodilatation, further burdening the heart, and shunting blood away from the muscles where increased blood supply is needed during exercise. Shunting blood from the brain will increase the risk of faints too.

The HKAM and the HKCCM oppose the promotion of alcohol use during any sports activities.

- End -



About Hong Kong Academy of Medicine

Established in 1993, the Hong Kong Academy of Medicine (HKAM) is an independent institution with statutory power to organise, monitor, assess and accredit all medical specialist training and oversee the provision of continuing medical education (CME) and continuous professional development (CPD) in the territory. Within 15 constituent Colleges, there are now 66 specialties and subspecialties, with more than 7,500 Academy Fellows who are eligible for registration in the Specialist Register of the Medical Council of Hong Kong or Dental Council of Hong Kong.

About Hong Kong College of Community Medicine

The Hong Kong College of Community Medicine (HKCCM), incorporated in 1991, is one of the 15 constituent specialty Colleges of the HKAM. The College has been striving for the mission of promoting the health of the population of Hong Kong through advocating the principles and practice of community medicine; organising specialist education and training; promoting research in the discipline; contributing expertise to the setting of health policies; and providing expert advice to the public in disease prevention and health promotion.

Media Enquiries

Tracy Chow

Manager (Corporate Communications)

Hong Kong Academy of Medicine

Tel: (852) 2871 8726

Email: tracy@hkam.org.hk



新聞稿

香港醫學專科學院與香港社會醫學學院 反對提倡在體育運動中飲酒

(香港，2017年8月4日) 鑑於有社企將於11月舉行的「Beer Run」活動中，讓參加者可一邊喝啤酒，一邊跑步，香港醫學專科學院（醫專）與香港社會醫學學院均認為此活動概念不適當，反對有關的安排，並就事件闡述立場。

醫專與香港社會醫學學院支持推廣體育運動的倡議，並相信體育運動能有助增強社區的健康。

酒精對健康帶來各種不良的影響。香港社會醫學學院勸喻，長期或即使是偶爾地飲酒，都可以對身體不同部位造成傷害。飲酒對大腦的影響可能是導致情緒變化和抑鬱，亦可能會導致肝硬化、腸道失血和胰腺炎，飲酒也可能引致高血壓和心臟病。

酒精已被證實為導致不同類型癌症的原因，尤其與口腔、喉嚨、咽喉、食道、肝臟、乳房、結腸和直腸相關的癌症有著密切的關係。某些癌症的成因亦與長期飲酒有關，特別是肝癌。此外，任何類型的酒精都會增加患上癌症的風險。

過度飲用酒精會損害免疫系統，並會增加各種感染的風險。

在體育運動中譬如跑步其間飲酒，是絕不應鼓勵的。跑步者的判斷力會因而受損，並會引致受傷。酒精的利尿作用會加劇脫水的情況，增加中暑風險，及在最壞的情況下可導致腎功能衰竭。心跳原本已因體育運動所需而增加，運動其間飲酒令心跳加速，為心臟帶來過度的負擔。除此之外，酒精亦會引致血管擴張，進一步加重心臟負荷，導致肌肉裡因應運動而需要的血液供應分流，從大腦分流血液供應亦會增加昏厥的風險。

醫專與香港社會醫學學院反對在任何體育活動中提倡飲酒。

—完—

關於香港醫學專科學院

香港醫學專科學院（醫專）成立於1993年，乃一獨立法定機構，負責組織、監察、評核及認可所有醫學專科培訓，並監管本地延續醫學教育及持續專業進修課程。醫專由十五個分科學院組成，現設有66個專科及亞專科，共有逾7,500名院士。醫專院士可於香港醫務委員會或香港牙醫管理委員會註冊為專科醫生。



關於香港社會醫學學院

香港社會醫學學院成立於 1991 年，為醫專轄下其中一個分科學院。香港社會醫學學院一直致力促進香港市民的健康，透過各個途徑履行其使命，包括倡導社會醫學的原則和實踐、舉辦專科教育及培訓、推動社會醫學專科的研究、就制定衛生政策方面提供專業知識，以及向公眾提供有關疾病預防和促進健康的專家意見。

傳媒查詢

周翠清

經理（機構傳訊）

香港醫學專科學院

電話：(852) 2871 8726

電郵：tracy@hkam.org.hk