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Predictability of CBC parameters for heavy drinking according to the facial flushing

Hyun Chul Joung, JS Kim, HJ Yang, SS Kim, SJ Yoon, JW Chang
Department of Family Medicine, Research Institute for Medical Sciences, Chungnam, South Korea

Corresponding author: Dr Hyun Chul Joung, Chung Nam National University, Family Doctor, Daejeon, Korea. E-mail: tochisy@cnuh.co.kr

Background: The purpose of this study is to investigate the association between immoderate drinking and CBC figures.
Methods: The subjects were 581 Korean adult males: 98 non-drinkers, 225 flusher, and 258 non-flusher, who had undergone a comprehensive medical evaluation at Chungnam National University Hospital between June and December of 2013. 14 grams was applied to a standard glass of alchohol intake. Criteria for immoderate drinking was applied to greater than 14 glasses and more than 8 glasses for a non-flush group with reference to the United States' guideline (NIAAA: National Institute in Alcohol Abuse and Alcoholism) and South Korean guideline, and it was applied to greater than seven glasses, and more than four glasses for a flushing group. It was to investigate whether immoderate drinking would be predictable according to increase mean corpuscular volume (MCV), descrease hemoglobin (Hb), and decrease platelet (PLT). Our investigation was to find the correlation with the increase MCV, decrease Hb, and decrease PLT as a means of predictability for immoderate drinking. The study was to examine the predictability of immoderate drinking through a combination of increase MCV, decrease Hb, or decrease PLT. If one of the three items was applicable: Group A, two of the three items were applicable: Group B.
Results: Predictability of group A was 23.1% in flushing drinkers and 21.7% in non-flushing drinkers for US NIAAA immoderate drinking, where as 30.8% in flushing drinkers and 30.4% in non-flushing drinkers considering Korean guideline immoderate drinking. Predictability of B group was 100% in flushing and non-flushing drinkers for both NIAAA guidelines and Korean guidelines immoderate drinking.
Conclusions:: Above results suggest that it is desirable for physicians to use any combination of the three CBC indicators (increased MCV, decreased Hb, or decreased PLT for predicting immoderate drinking.