

# ALCOHOL AND OXIDATIVE STRESS

## Summary

Ethanol significantly influences formation of reactive oxygen species (ROS) in cells, and thus generation therein of oxidative stress. At present, ROS and mechanisms of their formation and action are well characterized. Under the stress condition, proteins, DNA and lipids undergo oxidative damages. In persons consuming alcohol protractedly, ROS play

an important role in etiology of pathogenic processes, in particular such as liver diseases, arteriosclerosis, arterial hypertension, development of tumors, decrease in immunity, disorder of sexual functions, and acceleration of skin aging. Intracellular and outside antioxidants help to protect organism from the oxidative stress.