

Morris, M., P. Jacques, S. Hankinson, L. Chylack Jr., W. Willett, and A. Taylor. Moderate alcoholic beverage intake and early nuclear and cortical lens opacities. *Ophthalmic Epidemiology*. Vol. 2, No. 1, 2001. p 53-65.

Drugs of all kinds can affect the eye in various ways. Alcohol, though it is often not considered a "drug", has some consequences of its own. This study looks at the correlation between moderate consumption of alcohol and the premature formation of nuclear and cortical lens opacities, also known as cataracts. In this study, 556 women from the Boston area, between the ages of 53 and 74, had their eyes examined for cataract formation. The eyes were all photographed and the amount of nuclear and cortical lens opacity was scored based on the LOCS III system (Lens Opacities System III). The study showed a positive correlation between the formation of a nuclear opacity with moderate consumption of hard liquor or wine. It also showed a negative correlation between the formation of a cortical opacity with moderate consumption of wine.