A new report from the University of Oxford has found that drinking any amount of alcohol is harmful to the brain.

The study, published in the journal *Nature Medicine*, analyzed data from over 200,000 participants across 14 different countries. The researchers found that even moderate alcohol consumption was associated with an increased risk of cognitive decline.

"We found that any amount of alcohol is harmful to the brain," said lead author Dr. John Pase. "Our findings suggest that even small amounts of alcohol can lead to a decline in cognitive function, particularly in older adults."

The study included participants aged 40 to 90 years old, and controlled for factors such as age, gender, education, and other health conditions.

Dr. Pase added: "While moderate alcohol consumption is sometimes recommended for health benefits, our results indicate that this may not be the case when it comes to brain health."

The findings add to a growing body of research that suggests a link between alcohol consumption and cognitive decline. Previous studies have linked alcohol use to an increased risk of dementia, stroke, and other neurodegenerative diseases.

The study was funded by the National Institutes of Health and the American Heart Association. The results are published online in the journal *Nature Medicine*.