

## Genes underlying hangovers can aid in understanding alcoholism

Some people get hangovers after a night of drinking, while others don't, and the reason may be in their genes, a new study of twins in Australia suggests.

Researchers looked for links between the study participants' genetic makeups and the number of hangovers the individuals reported experiencing in the past year. The results showed that genetic factors accounted for 45 percent of the difference in hangover frequency in women and 40 percent in men.

In other words, genetics accounts for nearly half of the reason why one person experiences a hangover and another person doesn't, after drinking the same amount of alcohol, the study said. The other half probably comes from outside influences unrelated to DNA, such as how quickly a person drinks, whether they eat while they drink and their tolerance for alcohol.

The researchers also found that the people who had the gene variants involved in an increased risk of having hangovers also drank to the point of being intoxicated more frequently than people who didn't have the hangover genes. That is, the genes that dictate how frequently a person gets hungover may also underlie how frequently someone gets drunk in the first place. This suggests that the findings could contribute to future research on alcohol addiction.

"We have demonstrated that susceptibility to hangovers has a genetic underpinning. This may be another clue to the genetics of alcoholism," study leader Wendy Slutske, a psychology professor at the University of Missouri-Columbia, told Live Science in an email.

**Read the full, original story:** [Hangovers are about half genetic](#)