

# Go to Pau - and learn about wine and health

6 Mar 2007 by JR

By Jane B. Smith [Jancis Robinson](#) previous winner of the [Gault & Millau Award](#) (nominations for the 2007 £3,000/\$5,000 travel bursary close at the end of this month) is organising a symposium on April 20 in Pau in south-west France. **Wine and Health - Scientific Update** brings together a group of scientists and clinicians who are internationally recognised as leading experts in this field. For more details [see here](#).

The aim of the symposium is to review the latest experimental and clinical research on the effects of wine consumption. Discussions will focus on the evidence that moderate drinking can reduce heart disease, dementia, and cancer, while also increasing longevity. The contribution from wine drinking to the French Paradox, and as a component of the Mediterranean Diet will be reviewed. This will provide an opportunity to hear differing opinions on the relative importance of alcohol versus other wine constituents. Presentations on the biology of polyphenols are likely to be controversial with evidence that their most important actions are not due to antioxidant effects. This will provide new insights into how wine modifies blood vessel function in health and disease. The location of the meeting and provide an ideal opportunity to visit some of the most picturesque cities in the world.

The following details of some hotels in Pau recommended by the Michelin guide may be helpful for potential delegates:

**Pau Beaumont**  
5 rue de Pau  
Tel: +33 5 58 11 84 00  
Fax: +33 5 58 11 85 00  
E-mail: [manager@hotel-pau-beaumont.com](mailto:manager@hotel-pau-beaumont.com)

Website: <http://www.hotel-pau-beaumont.com>

**Continental**  
2 rue du Maréchal Foch, 64000 Pau  
Tel: +33 5 58 27 89 54  
Fax: +33 5 58 27 89 84  
E-mail: [france@continental.com](mailto:france@continental.com)

Website: <http://www.hotel-continental.com>

**De Gromont**  
2 place Clemenceau, 64000 Pau  
Tel: +33 5 58 27 84 04  
Fax: +33 5 58 82 31 22  
E-mail: [reservation@de-gromont.fr](mailto:reservation@de-gromont.fr)

Website: <http://www.hotel-degromont.com>

**Le Bourdon**  
12 place Clemenceau, 64000 Pau  
Tel: +33 5 58 27 51 14  
Fax: +33 5 58 82 59 59  
E-mail: [le.bourdon@wanadoo.fr](mailto:le.bourdon@wanadoo.fr)

Website: <http://www.hotel-lebourdon.com>

**Corral**  
10 rue L. Charon, 64000 Pau  
Tel: +33 5 58 27 72 22  
Fax: +33 5 58 27 33 28  
E-mail: [corral@hotelcorralpau.com](mailto:corral@hotelcorralpau.com)

Website: <http://www.hotel-corralpau.com>

**Kyriad Centre**  
80 rue L. Charon, 64000 Pau  
Tel: +33 5 58 82 58 00  
Fax: +33 5 58 27 58 00  
E-mail: [kyriad.pau@kyriad.fr](mailto:kyriad.pau@kyriad.fr)

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