



## Drinking Alcohol- A Risk for Heart Disease?

**For those who choose to drink alcohol, it is important to keep moderation in mind as heavy drinking poses multiple health risks, including to your heart.**

While having an occasional glass of wine, beer, or cocktail can be enjoyable, try to limit the amount you consume to protect your heart health. Excessive amounts of alcohol can lead to cardiomyopathy, cardiac arrhythmia and death from alcohol poisoning. Excessive alcohol can negatively impact cholesterol, by raising the levels of some fats in the blood known as triglycerides. Increased triglycerides combined with high LDL (bad) cholesterol or low (good) cholesterol has been associated with fatty buildup in the artery walls. Unhealthy triglyceride levels can raise your blood pressure and increase the risk of heart attack and stroke.

If you have high blood pressure, it is recommended to reduce the amount of alcohol you drink. The American Heart Association

recommends men drink no more than two drinks per day and women no more than one drink per day. For example, 12 ounces of beer, four ounces of wine, one and a half ounces of 80-proof spirits or one ounce of 100-proof spirits are each considered one drink. Indulging in binge drinking—having more than the recommended amount of alcohol can increase the risk for atrial fibrillation, an irregular or quivering heartbeat that can lead to blood clots, stroke and heart failure. Men who engage in heavy drinking are especially at risk for developing prematurely aged arteries over time, compared to moderate drinkers.

Let's debunk the myth about red wine. You may have heard drinking red wine is healthy for your heart. According to the American Heart Association, there is no proof that drinking a glass of red wine a day improves cardiovascular health. Studies have found red wine contains flavonoids and other antioxidants known to reduce heart disease



risk, but these components can be found in healthier food choices such as grapes, red grape juice or blueberries. The best way to gain heart health benefits is to take steps to manage your weight, get enough physical activity, don't use tobacco products, drink in moderation and follow a healthy diet.

**To learn more about limiting alcohol consumption to protect cardiovascular health visit [www.heart.org](http://www.heart.org)**

### COMMUNITY RESOURCES

#### **Free Blood Pressure Self-Monitoring Program (for eligible participants):**

Register at <https://www.lasvegasyymca.org/programs/health-wellness/#Blood-Pressure-Self-MonitoringParticipation>. Program includes a FREE YMCA membership (during the program). Sign up now!

#### **5th Annual Health to Healing: No More Shame Conference.**

Bringing the dialogue of mental health to faith-based community. Held Saturday, July 16, 2022 from 8:00am-4:00pm at Las Vegas City Hall. To learn more and register visit, <https://healingtohealth.eventbrite.com/>



**To learn more about the Southern Nevada Health District's BarberShop Health Outreach Project and Beauty Shop Health Outreach Project, contact Amineh Harvey at [harveya@snhd.org](mailto:harveya@snhd.org).**