



## Hypertension: Blood Pressure & Alcohol

Alcohol has a direct and dose-dependent effect on blood pressure. While small amounts may appear harmless, regular intake raises baseline BP over time. Many patients underestimate alcohol's cumulative impact. Understanding this relationship supports long-term control.

Alcohol stimulates the sympathetic nervous system, increases cortisol, and impairs nitric oxide-mediated vasodilation. It also disrupts sleep, which further elevates blood pressure. Even moderate daily intake can raise systolic and diastolic pressures over weeks to months.

Lab and monitoring trends often show higher morning readings, reduced nighttime dipping, and rising pulse pressure in regular drinkers.

Reducing alcohol intake frequently lowers BP within weeks, sometimes eliminating the need for medication escalation.

### 01 Is This Your Story?

A 57-year-old drinks two glasses of wine most evenings and struggles with rising BP despite exercise and diet changes. When alcohol is limited to weekends, home readings drop by 8–10 points within a month. Sleep improves, morning headaches resolve, and BP stabilizes without adding medication.

### 02 Try This Today

**Measure:** Track alcohol intake and BP readings for one week.

**Do:** Reduce alcohol frequency or quantity starting today.

**Reflect:** Ask whether alcohol is quietly undermining BP control.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

