Alcohol and heart and circulatory diseases

Drinking too much alcohol puts you at risk of developing heart and circulatory diseases. Here you'll find out steps you can take to start lowering that risk.

Drinking too much alcohol can increase your risk of having a heart attack, stroke, developing vascular dementia and Type 2 diabetes, so it’s important to keep within the recommended alcohol guidelines.

Not drinking alcohol will always be the healthiest choice. However, cutting down on how much you drink, rather than giving up alcohol completely, is still an important step for protecting your heart and overall health.
Over time, drinking too much alcohol raises your blood pressure. High blood pressure makes your arteries (the blood vessels that carry blood to your organs) less stretchy and damages the walls. This makes it easier for fatty material to build up, and limits the flow of blood and oxygen, which can lead to a heart attack or stroke.

How much is too much?

Men and women should not drink more than 14 units of alcohol each week. Try to have alcohol-free days each week.

Drinking up to 14 units a week is considered ‘low-risk’. Drinking more than this over time can lead to serious health conditions, including:

- some cancers
- stroke
- heart disease
- liver disease
- brain damage
- damage to the nervous system

14 units =

- 6 pints of 4% beer
- 6 glasses (175ml) of 13% wine
Binge drinking

Binge drinking is when you drink a large amount in a short space of time. Saving your weekly units for a big night isn’t any better for your health. Even if you don’t binge drink often, it will have an effect on your heart.

For men and women in the UK, a drinking session usually counts as a binge if you have more than 6 units in one session – that’s two large (250ml) glasses of wine.

Good to know: Different people react to alcohol in different ways. So don’t measure your alcohol intake by how it makes you feel. It’s easy to reach your limit without feeling drunk.

Keeping track

The size and strength of a drink will determine how many units it has. A unit’s a way of measuring the amount of alcohol you’re drinking.

You’ll also see things like %ABV on alcohol labels. This tells you how strong the drink is. The higher the %ABV is, the less you should have. It might be an idea to know how many units are in your favourite drinks so you can keep track easily.

LAGER
Alc. 5.2% vol
440ml
Keeping track of your units

Here are how many units there are in some common drinks:

- Large glass of wine 250ml (12%) 3 units
- Pint of lager / beer / cider (5.2%) 3 units
- Bottle of lager/beer/cider 330ml (5%) 1.7 units
- Single small shot of spirits 25ml (40%) 1 unit

Hidden calories in alcohol

Drinking too much alcohol can make you gain weight. Being overweight increases your chances of developing heart and circulatory diseases.

- 1 double vodka and tonic 170 kcals
- 1 large slice of Victoria sponge 195 kcals
- 1 glass of wine (250ml) 170 kcals
- 1 chocolate brownie 195 kcals
Alcoholic drinks are high in calories. The calories in these drinks can quickly add up, leading to weight gain.

- 1 pint of beer: 227 kcal
- 1 large doughnut: 280 kcal
- 1 pina colada: 280 kcal
- 1 blueberry muffin: 280 kcal

“JUST MAKE EVERY OTHER DRINK A SODA WATER. IT REALLY CUTS DOWN THE OVERALL AMOUNT OF ALCOHOL YOU DRINK.”

Richard, age 69
Making lots of small changes over time can help to reduce weight gain. Look for lower calorie options of your favourite drinks – especially the mixers. Diet fizzy drinks, slimline tonic and soda water are all good options.

Avoid energy drinks as they’re packed with sugar and other unhealthy additives. And when it comes to wines and ciders, ask for ‘dry’ instead of ‘sweet’.

If you’re switching from alcohol to soft drinks, make sure they’re sugar-free soft drinks. When in doubt, water is always your best bet – sparkling and still both have no calories.

Because alcohol clouds your judgement, it can also lead to other unhealthy choices, like eating unhealthy food or being physically inactive. Stick to your limits to keep yourself on track.

Simple swaps you can make to reduce your alcohol and calorie intake:

**Mixers**

Choose soda, low calorie or diet options of soft drinks

**Wine**

Choose a small glass instead of a large one

**Beer**

Choose a bottle instead of a pint
Get into good habits

Try these tips to help take control of how much alcohol you drink.

• Have a glass of water between each alcoholic drink. It will slow you down and keep you hydrated.
• Read the label to see how strong the drink is and consider having fewer or choosing differently.
• Set yourself a drink limit at the start of the night so you don’t get carried away or lose count.
• Explain to the people around you that you’re trying to cut back and need their support.
• If you feel pressured to drink, buy your own drinks instead of doing rounds. You could also say that you’re driving, you can’t drink with your medication, or just have some sparkling water and lime and let people assume it’s an alcoholic drink.

Top tip: Go for smaller drinks. Ask for single shots, small glasses and halves or bottles instead of pints.
Many people turn to alcohol to manage feelings like tiredness, stress and even boredom, or when they’ve had a bad day. If you think any of these reasons are making you drink more than is good for you, it’s a good idea to take some steps to cut down.

Drinking plenty of water, eating a balanced diet, being physically active and getting enough sleep all help you feel more energetic, and less stressed. Next time you feel like turning to alcohol to deal with stressful feelings, try one of these activities instead:

- Go for a 30 minute walk
- Take up an active hobby or exercise
- Meet up with friends for a cuppa

Alcohol can affect the way your medication works. Always check with your doctor or pharmacist that it’s safe to drink if you take regular medication.

Everyone should avoid drinking too much alcohol but this is particularly important if you’re taking medication, including:

- **Painkillers and sleeping tablets** – If you’re taking sleeping tablets or painkillers, remember that alcohol will have a powerful effect and make you more drowsy.

- **Warfarin and other anticoagulant (anti-clotting) medication** – Alcohol can make your medication less effective, making your blood thinner than it should be. So if you do drink alcohol, it’s better to have just a small amount, and not too often. Check with your doctor or specialist nurse if you can drink any alcohol.
When to see your doctor

If you’re worried about how much alcohol you drink it’s important to speak to someone about it.

Even if it makes you feel better in the short-term, too much alcohol will eventually damage your mental and physical health.

If you would struggle to go a day without drinking, you need to book an appointment with your GP.

Make sure you tell them if:
- You have memory loss, embarrassment or injury from drinking.
- You crave alcohol and are preoccupied with thoughts of it.
- People close to you are worried about how much you drink.

You may also have a local alcohol support service you can go to or you can find support online.

Go to www.drinkaware.co.uk

bhf.org.uk


Heart and circulatory diseases kill 1 in 4 people in the UK. They cause heartbreak on every street. But if research can invent machines to restart hearts, fix arteries in newborn babies, build tiny devices to correct heartbeats, and give someone a heart they weren’t born with – imagine what’s next.

We fund research into all heart and circulatory diseases and their risk factors. Heart attacks, heart failure, stroke, vascular dementia, diabetes and many more. All connected, all under our microscope. Our research is the promise of future prevention, cures and treatments.


You and the British Heart Foundation. Together, we will beat heartbreak forever.