

Alcohol and Heart Health

An Honest, Up-to-Date Look at What Alcohol Does to Your Heart

The old "a glass of red wine is good for your heart" idea is now considered outdated. Major health groups say there is no amount of alcohol proven to improve heart health. So do not start drinking for your heart - and if you do drink, less is better.



Online: <https://go.riasalimd.com/alcohol-heart-guide>

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1 of 22 | Page



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Names & Terms You Will Hear

Term	Meaning
Alcohol	Also called ethanol. The active ingredient in beer, wine, and spirits. It affects the whole body, including the heart.
Standard Drink	A set amount of pure alcohol used to count drinks: about 12 oz of beer, 5 oz of wine, or 1.5 oz of spirits. Each holds roughly the same alcohol.
Moderate Drinking	In the U.S., up to 1 drink a day for women and up to 2 a day for men. "Moderate" means lower-risk - not heart-healthy.
Binge Drinking	4 or more drinks for a woman, or 5 or more for a man, within about 2 hours. Even one binge can trigger an irregular heartbeat.
Heavy Drinking	8 or more drinks a week for women, 15 or more for men - or binge drinking often. Strongly tied to heart and liver damage.
Holiday Heart Syndrome	An irregular heartbeat (atrial fibrillation) brought on by heavy drinking - even in people with no heart problems before.
Atrial Fibrillation (AFib)	A fast, irregular heartbeat from the top chambers of the heart. Alcohol is a well-known trigger.
Alcoholic Cardiomyopathy	A weakened, stretched heart muscle caused by years of heavy drinking. A cause of heart failure that can improve if you stop.
Triglycerides	A type of fat in the blood. Alcohol raises this level, which can harm the heart and the pancreas.

The updated message in three lines:

1. The old "red wine helps your heart" idea is now **outdated**.
2. **No amount** of alcohol is proven to IMPROVE heart health.
3. **Don't start for your heart** - and if you drink, **less is better**.



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Alcohol and Heart Health?

- This guide is about how **alcohol** - the ethanol in beer, wine, and spirits - affects your heart and blood vessels.
- For years, people heard that "a glass of red wine is good for your heart." That idea is now considered **outdated**. Major health groups say there is **no amount of alcohol proven to IMPROVE heart health**.
- The old "benefit" came from studies that compared drinkers with non-drinkers. The problem: many non-drinkers had quit because they were already sick. So moderate drinkers only *looked* healthier for **other reasons** - not because of the alcohol.
- Newer studies that use genetics to remove this mix-up show the "benefit" **disappears**. More alcohol simply means more risk.
- What does alcohol actually do to the heart? It **raises blood pressure**. It can **trigger an irregular heartbeat** - even from one heavy night. It **raises triglycerides**, a blood fat. It adds **empty calories**. And over years of heavy use it can **weaken the heart muscle** itself.
- The honest bottom line: **do not start drinking for your heart**. If you already drink, **less is better** - and for some people, none is best.
- This is a supportive guide, not a lecture. Cutting back is a normal, healthy goal, and your care team is here to help - not to judge.



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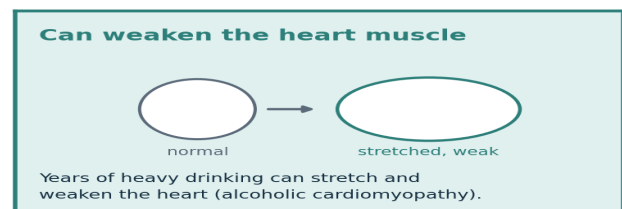
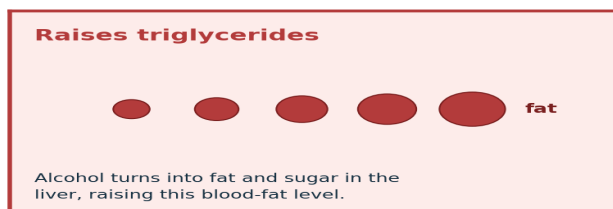
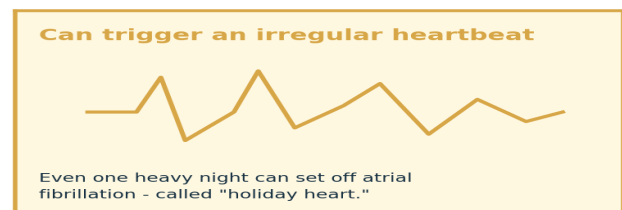
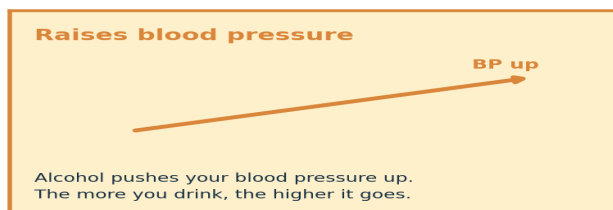


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Why It Matters

- **Blood pressure:** Alcohol is one of the most common causes of high blood pressure that we can change. The effect is **dose-dependent** - the more you drink, the higher your pressure tends to be. Cutting back can lower it within weeks.
- **Atrial fibrillation:** Alcohol is a well-proven trigger for this irregular heartbeat. Even **one binge** can set it off in a healthy person - this is called "**holiday heart**." Regular drinking also makes AFib come back more often.
- **Triglycerides:** Alcohol raises this blood fat. High triglycerides can harm the heart's arteries and, at very high levels, inflame the pancreas.
- **Weight:** Alcohol is "empty calories" - about 7 calories per gram, with no nutrition. Drinks add up fast and make weight loss harder.
- **Heart muscle:** Years of heavy drinking can directly **weaken and stretch the heart muscle** (alcoholic cardiomyopathy), a cause of heart failure. The good news: it often **improves when a person stops drinking**.
- **Stroke and other risks:** Heavy and binge drinking raise the risk of stroke, and alcohol is tied to several cancers as well.
- **The benefit was never real:** the apparent "protection" from moderate drinking was a **statistical artifact** - a mix-up in old studies, not a true effect of alcohol.

Four Things Alcohol Does to the Heart



Four things alcohol does to the heart. It raises blood pressure. It can trigger an irregular heartbeat called atrial fibrillation - even after one heavy night ("holiday heart"). It raises triglycerides, a blood fat. And over years of heavy use it can weaken and stretch the heart muscle (alcoholic cardiomyopathy).



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Why the old "benefit" was never real. Old studies compared drinkers with non-drinkers - but many non-drinkers had quit *because* they were already sick. That made moderate drinkers look healthier for reasons that had nothing to do with alcohol. Newer studies that use genetics to remove this mix-up show the benefit disappears: more alcohol means more risk.



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Risk Factors

Some patients are more likely to develop this condition. Knowing your risk helps your care team take extra precautions.

Risk Factor	Why It Increases Risk
How much and how often you drink	Risk rises with the amount. Heavy and binge drinking carry the most heart risk, but there is no amount proven to be heart-protective.
Binge drinking	Several drinks in a short time can trigger atrial fibrillation (holiday heart) even in a person with a healthy heart.
Already having high blood pressure	Alcohol pushes blood pressure higher and can keep it from getting to goal even on medicine.
Atrial fibrillation or other rhythm problems	Alcohol makes AFib more likely to come back. Many people with AFib do best avoiding alcohol entirely.
Heart failure or a weakened heart muscle	Alcohol can weaken the heart muscle even more. Most people with cardiomyopathy should avoid it.
High triglycerides	Alcohol raises triglycerides. If they are already high, drinking can push this blood fat much higher.
Liver disease	A damaged liver cannot handle alcohol well, raising the risk to both the liver and the heart.
Certain medicines	Some blood thinners, nitrates, heart drugs, and sleep aids do not mix well with alcohol.
Pregnancy	No amount of alcohol is safe in pregnancy. Avoid it completely.



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Treatment Options

- **Do not start drinking for your heart.** If you do not drink, there is no heart reason to begin. Any benefit you may have heard about is not real.
- **If you drink, less is better.** Staying within the moderate limit - up to 1 drink a day for women, 2 a day for men - lowers your risk. Fewer drinks is always safer than more.
- **Some people should avoid alcohol entirely.** This includes those with AFib, heart failure, high triglycerides, high blood pressure that is not controlled, or liver disease. It also includes pregnancy and some medicines. See the "who should avoid it" section below.
- **Check your medicines.** Alcohol can interact with some blood thinners, nitrates, and blood-pressure and diabetes drugs. It also mixes badly with sleep and anxiety medicines. Ask your doctor or pharmacist about your list.
- **If alcohol is raising your blood pressure,** cutting back is one of the most effective lifestyle steps. Many people see their numbers drop within a few weeks.
- **If you have had "holiday heart" or AFib,** avoiding alcohol often reduces how often the rhythm comes back. Studies show cutting alcohol lowers AFib episodes.
- **If your heart muscle is weakened by alcohol,** stopping can let it partly or fully recover. This is one of the few causes of heart failure that can get better with a lifestyle change.
- **Counting helps.** Know what a standard drink is, and track how many you have. People almost always pour more than one "drink" at a time.
- **Ask for help if it is hard to cut back.** Trouble stopping is common and treatable. Counseling, support groups, and medicines exist. Bringing it up is a strength, not a failure.



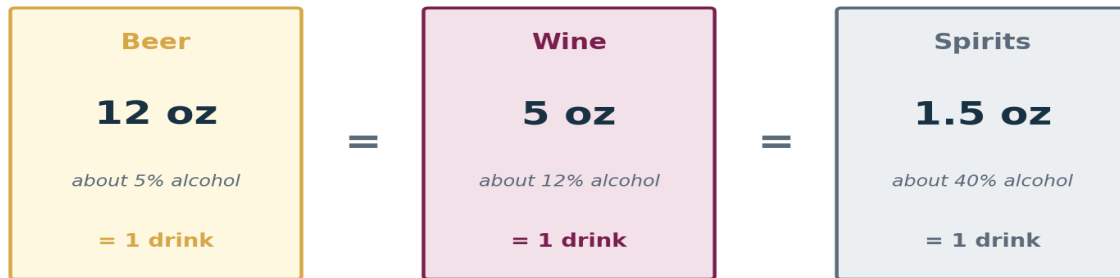
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What Is One "Standard Drink"?



All three hold about the same amount of pure alcohol (roughly 0.6 oz / 14 grams).

Moderate limit: up to 1 drink a day for women, 2 a day for men.

What counts as one "standard drink." A 12-oz beer, a 5-oz glass of wine, and a 1.5-oz shot of spirits all hold about the same amount of pure alcohol (roughly 0.6 oz / 14 grams). The U.S. moderate limit is up to 1 drink a day for women and 2 a day for men - and a poured "glass" at home is often more than one standard drink.



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Comfort Measures at Home (No Medication Needed)

These simple steps support healing and ease symptoms. Use them alongside any medication your doctor prescribes.

- **Set a simple goal.** Pick a number of alcohol-free days each week and a limit for drinking days. Write it down where you will see it.
- **Measure your pours.** A "glass" of wine at home is often 2-3 standard drinks. Use a measuring cup once to see what one drink really looks like.
- **Slow down.** Sip water between drinks, and have a non-alcoholic drink in hand at parties. It paces you and others notice less.
- **Try alcohol-free options.** Sparkling water with lime, non-alcoholic beer, or a mocktail can stand in for the habit and the social part.
- **Avoid your triggers.** Stress, certain friends, and certain places lead to more drinking. Plan ahead for those moments.
- **Do not drink on an empty stomach.** Food slows how fast alcohol hits and can keep you from drinking more.
- **Keep less at home.** The less alcohol within reach, the easier it is to cut back.
- **Tell someone.** A partner or friend who knows your goal makes it easier to stick to - and quitting or cutting back together works better than alone.
- **Track the wins.** Better sleep, lower blood pressure, fewer palpitations, and money saved are all real, fast rewards.
- **Be kind to yourself.** A slip is not failure. Notice what led to it, and start again the next day.



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Risks, Benefits, and Alternatives

Every choice has trade-offs. Use this table to start the shared decision conversation.

Option	Risks	Benefits	Alternatives
Cut back or stop drinking	May feel hard socially at first. If you drink heavily and daily, stopping suddenly can rarely cause serious withdrawal - ask your doctor about a safe plan.	Lower blood pressure, fewer AFib episodes, lower triglycerides, better sleep, weight loss, and a heart muscle that can recover. Benefits often show within weeks.	Keep drinking the same - higher blood pressure, more AFib, higher triglycerides, and a higher long-term risk of a weakened heart.
Stay within the moderate limit (if you drink)	Still not "heart-healthy" - it lowers risk compared with heavy drinking but does not protect the heart.	Lower risk than heavy or binge drinking. A reasonable target for people who choose to keep drinking and have no reason to avoid alcohol.	Cutting back further or stopping; both lower risk more.
Avoid alcohol entirely	None for your health. The main cost is social or personal preference.	The safest choice for the heart. Best for people with AFib, heart failure, high triglycerides, uncontrolled blood pressure, liver disease, pregnancy, or certain medicines.	Moderate drinking, only if you have no condition that calls for avoiding alcohol.
Start drinking for heart benefit	There is no real benefit, and real risks. Do NOT do this.	None proven. Health groups advise against starting alcohol for the heart.	Proven heart-healthy steps instead: not smoking, moving more, healthy eating, good sleep, and treating blood pressure and cholesterol.



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Common Misconceptions

Myth	Reality
"A daily glass of red wine is good for my heart."	This is now considered outdated. In old studies, many non-drinkers had already quit because they were sick. So moderate drinkers only looked healthier for other reasons. Newer genetic studies show the benefit disappears. No amount of alcohol is proven to improve heart health.
"Red wine has antioxidants, so it must help."	The amount of antioxidants in wine is tiny, and you can get far more from grapes, berries, and vegetables - without the alcohol, the calories, or the blood-pressure rise.
"Beer and wine are safer than liquor for the heart."	Not for the heart. A standard beer, glass of wine, and shot of spirits hold about the same amount of alcohol. What matters is how much alcohol, not which drink.
"I only binge on weekends, so I am fine."	Binge drinking is a top trigger for atrial fibrillation - "holiday heart" - even in a healthy person. Weekend bingeing also raises blood pressure and is hard on the heart.
"My blood pressure is fine, so alcohol is not a problem."	Alcohol can be the very thing keeping your pressure up, even on medicine. For many people, cutting back lowers blood pressure within a few weeks.
"If the damage is done, there is no point stopping."	Wrong. A heart muscle weakened by alcohol often improves - sometimes a lot - when a person stops drinking. AFib comes back less often too. It is worth it at any stage.
"Alcohol does not really have many calories."	Alcohol has about 7 calories per gram - nearly as many as fat - with no nutrition. Drinks add up quickly and make weight harder to lose.



Possible Complications

Knowing what can go wrong helps you spot problems early. Most complications are uncommon, especially with treatment.

Where / What	What Can Happen
High blood pressure (hypertension)	Alcohol raises blood pressure in a dose-dependent way and can keep it from reaching goal even on medicine.
Atrial fibrillation	A fast, irregular heartbeat that alcohol can trigger - even a single binge ("holiday heart") - and make come back more often.
Alcoholic cardiomyopathy / heart failure	Years of heavy drinking can weaken and stretch the heart muscle, leading to heart failure. It often improves with stopping.
High triglycerides	Alcohol raises this blood fat. Very high levels can also inflame the pancreas (pancreatitis).
Stroke	Heavy and binge drinking raise the risk of both clot-type and bleeding-type stroke.
Weight gain	Empty calories from alcohol add up and make weight loss harder, worsening blood pressure and diabetes.
Liver disease	Fatty liver, hepatitis, and cirrhosis from alcohol also strain the heart and circulation.
Cancer	Alcohol is tied to cancers of the mouth, throat, esophagus, liver, colon, and breast - even at lower amounts.
Medicine interactions	Alcohol can interact in unsafe ways with some blood thinners, nitrates, heart and diabetes drugs, and sedatives.

What Alcohol Does, and Who Is Most at Risk



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Effect on the heart	What happens	Who is most at risk
Raises blood pressure	Pushes your numbers up; the more you drink, the higher they go. Can block blood pressure from reaching goal on medicine.	Anyone with high or borderline blood pressure; heavy and binge drinkers.
Triggers atrial fibrillation ("holiday heart")	A fast, irregular heartbeat - even one heavy night can set it off, and regular drinking makes it come back.	People with AFib or past holiday heart; anyone who binge drinks.
Raises triglycerides	Raises this blood fat; very high levels can also inflame the pancreas.	People with high triglycerides, diabetes, or metabolic syndrome.
Weakens the heart muscle	Years of heavy drinking stretch and weaken the heart, leading to heart failure. Often improves with stopping.	Long-term heavy drinkers; people who already have a weakened heart.
Adds empty calories	About 7 calories per gram with no nutrition; makes weight harder to lose.	Anyone working on weight, blood pressure, or blood sugar.



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What Alcohol Does to the Heart

- **Blood pressure:** Alcohol raises blood pressure, and the effect grows with the amount you drink. It is one of the most common causes of high blood pressure we can actually change. Cutting back often lowers the numbers within a few weeks. See our guide at go.riasalimd.com/htn-guide.
- **Atrial fibrillation and "holiday heart":** Alcohol is a well-proven trigger for AFib, a fast and irregular heartbeat. Even a **single binge** can set it off in a healthy person - the classic "holiday heart" seen after weekends and celebrations. Regular drinking also makes AFib return more often. Learn more at go.riasalimd.com/afib-guide.
- **Triglycerides:** Alcohol is turned into fat and sugar in the liver, which raises triglycerides - a blood fat. High levels can harm the arteries and inflame the pancreas. See go.riasalimd.com/triglycerides-guide.
- **The heart muscle:** Over years, heavy drinking can directly weaken and stretch the heart muscle - alcoholic cardiomyopathy - a cause of heart failure. The hopeful part: it often improves when a person stops drinking. See go.riasalimd.com/dcm-guide.
- **And more:** alcohol adds empty calories that make weight loss harder, and heavy or binge drinking raises the risk of stroke.



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The "Is a Little Good for You?" Myth - The Updated Answer

- **The short answer is no.** Major health groups now agree there is no amount of alcohol proven to improve heart health.
- **Where the myth came from:** older studies showed that moderate drinkers seemed to have fewer heart problems than non-drinkers - the famous "J-curve."
- **The flaw:** many people in the "non-drinker" group had quit drinking *because* they were already sick. So moderate drinkers looked healthier for reasons that had nothing to do with alcohol.
- **The better evidence:** newer studies use genetics (Mendelian randomization) to remove this mix-up. When they do, the "benefit" disappears - more alcohol simply means more risk.
- **What this means for you:** do not start drinking for your heart. The proven heart-healthy steps are not smoking, moving more, eating well, sleeping well, and treating blood pressure and cholesterol.



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If You Drink - Limits, Who Should Avoid It, and Cutting Back

- **Know a standard drink:** 12 oz of beer, 5 oz of wine, or 1.5 oz of spirits - each holds about the same alcohol. A poured "glass" at home is often more than one.
- **Moderate means:** up to 1 drink a day for women, up to 2 a day for men. "Moderate" lowers risk versus heavy drinking - it is not heart-protective.
- **Who should avoid alcohol entirely or nearly so:** people with atrial fibrillation, heart failure, high triglycerides, uncontrolled high blood pressure, liver disease, or who are pregnant. The same is true for people on certain medicines, such as some blood thinners and nitrates.
- **Ways to cut back:** set alcohol-free days, measure your pours, sip water between drinks, keep less at home, and try alcohol-free options like sparkling water or non-alcoholic beer.
- **Signs you may be drinking too much:** needing more to feel the same, trouble cutting down, drinking to cope with stress, blackouts, or family and friends raising concern.
- **Getting help is a strength.** If cutting back is hard, that is common and treatable. Talk with us, or call the SAMHSA helpline at 1-800-662-HELP. Heavy daily drinkers should not stop suddenly without medical advice - withdrawal can be dangerous.

Good news that surprises people. A heart muscle weakened by alcohol can **get stronger** when a person stops drinking, and atrial fibrillation triggered by alcohol comes back **less often**. Cutting back also lowers blood pressure and triglycerides - often within weeks. It is worth it at any stage.



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Points to Know

If you remember nothing else, remember these key points.

- The old "red wine is good for your heart" idea is outdated. No amount of alcohol is proven to improve heart health.
- Do not start drinking for your heart. If you do drink, less is better - and for some people, none is best.
- Alcohol raises blood pressure in a dose-dependent way. Cutting back is one of the most effective ways to lower it.
- Even one heavy night can trigger atrial fibrillation - "holiday heart." Regular drinking makes AFib come back more often.
- Alcohol raises triglycerides, adds empty calories, and over years of heavy use can weaken the heart muscle (alcoholic cardiomyopathy).
- A heart muscle weakened by alcohol, and AFib triggered by alcohol, often improve when a person stops drinking.
- A standard drink is 12 oz of beer, 5 oz of wine, or 1.5 oz of spirits. Moderate is up to 1 a day for women, 2 a day for men.
- Some people should avoid alcohol entirely: those with AFib, heart failure, high triglycerides, uncontrolled blood pressure, liver disease, pregnancy, or certain medicines.
- If cutting back is hard, that is common and treatable. Ask us - we are here to help, not to judge.



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When to Call Us - and When to Call 911

If you are not sure, call. We would rather hear from you twice than miss a real problem.

- **Call 911** for chest pressure, fainting, a racing or pounding heartbeat that will not stop, or sudden weakness, trouble speaking, or face droop - signs of a heart attack or stroke.
- **Call our office (727-943-5200)** if you feel a fast or irregular heartbeat, fluttering, or skipped beats after drinking. This can be "holiday heart" (atrial fibrillation) and should be checked.
- **Call us if** your home blood pressure stays high and you drink regularly. Cutting back may bring it down - we can help you make a plan.
- **Call us if** you have heart failure, a weakened heart muscle, high triglycerides, or liver disease and are unsure whether any alcohol is safe for you.
- **Call us before mixing alcohol with new medicines** - especially blood thinners, nitrates, and sedatives.
- **Call us if** you want help cutting back or stopping, or if you have shaking, sweating, or confusion when you go without alcohol. Heavy daily drinkers may need a safe, supervised plan to stop.

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See also: our companion guides. For the irregular heartbeat alcohol can trigger, see go.riasalimd.com/afib-guide. For blood pressure, see go.riasalimd.com/htn-guide. For the blood fat alcohol raises, see go.riasalimd.com/triglycerides-guide. For a weakened heart muscle, see go.riasalimd.com/dcm-guide. For the single best thing you can do for your heart, see our smoking guide at go.riasalimd.com/smoking-heart-guide.



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Trusted Resources

The links below are the trusted resources Dr. Ali used to write this guide and that he recommends you visit for more information. Each is a clickable link in the digital version and a Short.io tracked URL on the printed version.

- [AHA - Alcohol and Heart Health](#) - American Heart Association patient page on alcohol and the heart, including why not to start drinking for heart benefit.
- [Cleveland Clinic - Alcohol and Heart Health](#) - Plain-language overview of how alcohol affects blood pressure, rhythm, and the heart muscle.
- [Mayo Clinic - Alcohol Use: Weighing Risks and Benefits](#) - Patient guide to moderate-drinking limits and the health risks of drinking too much.
- [NIAAA - Rethinking Drinking](#) - Free U.S. government tools to count drinks, check your pattern, and build a plan to cut back.
- [Dietary Guidelines for Americans - Alcohol](#) - Federal definition of a standard drink and moderate-drinking limits, with current guidance to drink less for better health.
- [SAMHSA National Helpline - 1-800-662-HELP \(4357\)](#) - Free, confidential, 24/7 help for alcohol and substance use. Treatment referrals in English and Spanish.



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Sources Used to Build This Guide

Every recommendation in this guide is grounded in one or more of the studies, guidelines, or trusted resources below. Short links are tracked so Dr. Ali can see which references patients are reading; nothing personally identifying is captured.

- [American Heart Association — Is Drinking Alcohol Part of a Healthy Lifestyle?](#) *[Patient Education]*
Authoritative source on alcohol and cardiovascular risk, moderation limits, and the AHA position not to start drinking for heart benefit.
- [AHA Scientific Statement — Alcohol Use and Cardiovascular Disease \(Circulation 2024\)](#) *[Guideline]*
Current AHA scientific statement: no proven cardioprotective benefit; dose-dependent links to high blood pressure, atrial fibrillation, higher triglycerides, stroke, and heart failure. Basis for the updated 'no safe amount proven to improve heart health' message.
- [Cleveland Clinic — Alcohol and Heart Health](#) *[Patient Education]*
Plain-language overview of how alcohol affects blood pressure, rhythm (holiday heart), and cardiomyopathy.
- [Mayo Clinic — Alcohol Use: Weighing Risks and Benefits](#) *[Patient Education]*
Patient-facing framing of moderate-drinking definitions and the cardiovascular and broader health risks of excess.
- [2021 AHA Scientific Statement — Diet, Lifestyle, and Cardiovascular Health \(alcohol / blood pressure context\)](#) *[Guideline]*
Evidence basis linking alcohol intake to hypertension and the recommendation to limit intake for blood-pressure control.
- [Dietary Guidelines for Americans — Alcoholic Beverages](#) *[Guideline]*
Federal definition of a standard drink (14 g / 0.6 oz pure alcohol) and moderate-drinking limits (up to 1 drink/day women, 2/day men); current guidance to drink less for better health.
- [NIAAA Rethinking Drinking — U.S. Drinking Guidelines & Standard Drink](#) *[Patient Education]*
Standard-drink equivalents (12 oz beer ~5%, 5 oz wine ~12%, 1.5 oz spirits ~40%) and definitions of moderate, binge, and heavy drinking used in the standard-drink diagram.
- [WHO — No Level of Alcohol Consumption Is Safe for Our Health](#) *[Guideline]*
World Health Organization statement that there is no safe level of alcohol; supports the updated message not to start drinking for health benefit.
- [Mendelian Randomization — Alcohol and All-Cause / Cardiovascular Mortality \(Int J Epidemiol 2024\)](#) *[Primary Research]*
Genetic (Mendelian randomization) analysis showing the protective 'J-curve' disappears once confounding is removed — the basis for explaining the old apparent benefit as a statistical artifact.
- [Holiday Heart Syndrome: A Literature Review \(PMC 2025\)](#) *[Primary Research]*
Mechanisms and reversibility of binge-drinking-triggered atrial fibrillation (holiday heart) in people without prior heart disease.
- [Holiday Heart Syndrome — StatPearls \(NCBI Bookshelf\)](#) *[Reference]*
Clinician reference on holiday heart syndrome definition, presentation, and management.
- [Alcoholic Cardiomyopathy — StatPearls \(NCBI Bookshelf\)](#) *[Reference]*
Reference on alcohol-induced dilated cardiomyopathy as a cause of heart failure and its improvement with abstinence.



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About This Guide

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Reviewer note: Reviewed the AHA alcohol pages and 2024 scientific statement (heart.org / Circulation), the Cleveland Clinic and Mayo Clinic patient pages, and the Dietary Guidelines / NIAAA Rethinking Drinking. This guide adds a side-by-side cover on the outdated 'red wine' belief vs. the updated message. It adds a standard-drink size diagram and a 4-panel figure on what alcohol does to the heart. It adds a color-coded who-is-most-at-risk table and a plain explanation of why the old 'J-curve' benefit was a statistical artifact (from Mendelian-randomization evidence). It cross-links to our atrial fibrillation, high blood pressure, triglycerides, dilated cardiomyopathy, and smoking guides.

Disclaimer

This guide is for educational purposes only and does not replace medical advice from your physician. Recommendations may not apply to every patient. Always follow the specific instructions of Dr. Ali and your care team. In an emergency call 911 or go to the nearest emergency department.



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