

More than one drink a day may raise high blood pressure risk in adults with type 2 diabetes

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Drinking eight or more alcoholic beverages a week may increase the risk of high blood pressure (also called hypertension) among adults with Type 2 diabetes, according to new research published today in the *Journal of the American Heart Association*, an open access journal of the American Heart Association.

"This is the first large study to specifically investigate the association of alcohol intake and hypertension among adults with Type 2 [diabetes](#)," said senior study author Matthew J. Singleton, M.D., M.B.E., M.H.S., M.Sc., chief electrophysiology fellow at Wake Forest University School of Medicine in Winston-Salem, North Carolina. "Previous studies have suggested that heavy alcohol consumption was associated with high [blood](#) pressure, however, the association of moderate alcohol consumption with high blood pressure was unclear."

Researchers examined the relationship between

alcohol consumption and blood pressure in more than 10,000 adults with Type 2 diabetes (average age 63, 61% male). All were participants in the Action to Control Cardiovascular Risk in Diabetes (ACCORD) trial, one of the largest, long-term trials to compare different treatment approaches to reduce [heart disease risk](#) in adults with Type 2 diabetes, conducted from 2001-2005 at 77 centers across the U.S. and Canada.

All participants had Type 2 diabetes for an average of 10 years prior to enrolling in the study. In addition to 10 years with Type 2 diabetes, they were at increased risk for cardiovascular events because they had pre-existing cardiovascular disease; evidence of potential cardiovascular disease; or had at least two additional [cardiovascular disease](#) risk factors (such as high blood pressure, high cholesterol, smoking, or obesity).

In this study, alcohol consumption was categorized as none; light (1-7 drinks per week); moderate (8-14 drinks per week); and heavy (15 or more drinks per week). One [alcoholic beverage](#) was equivalent to a 12-ounce beer, 5-ounce glass of wine or 1.5 ounces of hard liquor. The number of drinks per week were self-reported by each participant via a questionnaire when they enrolled in the study.

Blood pressure was categorized according to the 2017 American College of Cardiology/American Heart Association Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults as normal (below 120/80 mm Hg); elevated (120-129/

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