VITALS VAULT

FREE GUIDE

Alcohol and your numbers: a one-pager

Alcohol shows up in blood pressure, cholesterol and sleep. This page helps you count drinks honestly and see what the research says about the numbers on your results.

WHAT COUNTS AS ONE DRINK

Drink	One drink is	My glass is
Wine	5 oz	
Beer	12 oz	
Spirits	1.5 oz	

WHAT STUDIES FOUND

Number	Finding
Blood pressure	About 1 drink a day raised average systolic pressure by about 1.25 mmHg.
LDL cholesterol	In a genetic study, LDL rose steeply as drinking rose.
Type 2 diabetes	Each extra weekly drink went with 10% more risk, mostly above about 7 a week.

IF I DRINK, HABITS TO TICK

- [ ] No more than one drink an hour
- [ ] Lower-alcohol choice
- [ ] Drink with food
- [ ] Water between drinks
- [ ] Last drink 3 hours before bed
- [ ] Alcohol-free option sometimes
- [ ] Skip shots and games

QUESTIONS TO ASK

- [ ] How does my drinking fit with my blood pressure and liver results?
- [ ] Should I recheck my lipids if I cut back?
- [ ] Is there a risk I should know about for me?
- [ ] Where can I get help if I want to cut down?

Sources: Mendelian randomization studies in UK Biobank and other cohorts. These are population findings, not personal risk. No amount is risk-free.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com