**The Relation between Alcohol and Heart Disease**

Alcohol and heart have a complicated relation. You might have heard that a few drinks here and there can be good for the heart. Yes, they can be, but only a few, and that too not for everyone. Light drinkers have been known to have healthy hearts, but doctors aren’t sure if those healthy effects come from alcohol or from other choices that light drinkers make.

[](https://www.parashospitals.com/centres-of-excellence/cardiology/)

Moderate drinking, a drink a day for women and two a day for men, appears to protect some people against heart disease. Here one drink is equal to 45 ml of liquor or 350 ml of beer. Alcohol in mild quantities helps the heart because:

* It raises HDL (high-density lipoprotein) or "good" [cholesterol](https://www.parashospitals.com/blogs/9-tips-lower-cholestrol/).
* It stops blood from clotting. This can be good or bad depending upon the person or circumstances asit may hold off heart attacks, but it could make you bleed more easily in the event of an accident.
* It helps prevent damage caused by high LDL (low-density lipoprotein), the "bad" cholesterol.

But this isn’t reason enough to start breaking out the liquor bottles. A healthy diet and regular exercise have benefits that surpass the benefits of light alcohol by miles, so don’t start drinking if you don’t. Also alcohol, even in moderation can be harmful to certain people like those who have:

* Risk of heart failure
* [Cardiomyopathy](https://www.parashospitals.com/diseases/cardiomyopathy/)
* High blood pressure
* Diabetes
* Irregular heart rhythm
* A history of stroke or strokes
* High triglycerides (a type of ‘bad’ fat found in blood)
* Pregnant woman
* People with a history of alcoholism

ALSO READ: [**Does diet play a part in the development of Heart Disease?**](https://www.parashospitals.com/blogs/does-diet-play-a-part-in-the-development-of-heart-disease/)

So better to talk to your doctor or **cardiologist** if you aren’t sure whether you should drink or not. There are **heart hospitals in Patna** where you can find leading [**cardiologists in Patna**](https://www.parashospitals.com/paras-hmri-hospital-patna/centres-of-excellence/cardiology/). The **heart specialists in Patna** are now known as one of the best in the country, with the establishment of multi-specialty **hospitals in Patna**.