

# BLOOD PRESSURE CONTROL: WHAT MATTERS?

## EXCESSIVE ALCOHOL CONSUMPTION



### WHY

Having more than three drinks in one sitting will temporarily increase blood pressure, while repeated excessive drinking can lead to long-term increases in systolic pressure of approximately 4 mmHg.



### WHAT



If your patients have high blood pressure, they should either avoid alcohol or drink only in moderation. Moderate drinking is described as:

- **Two drinks a day or less** for men younger than age 65
- **One drink a day or less** for men age 65 and older
- **One drink a day or less** for women of any age

### HOW



- **Keep track and set goals** – Have patients decide how many days a week they want to drink and how many drinks they'll have on those days
- **Pace and space** – When drinking, remind patients to pace themselves
- **Find alternatives and avoid triggers** – Support patients to fill free time with healthy activities and to do something else if the urge to drink arises
- **Know your "no"** – A polite, convincing "no, thanks" is a good strategy to avoid drinking when patients are offered a drink when they don't want one

To find a treatment agency or provider offering substance use disorder services, visit the NH Alcohol & Drug Treatment Locator at

[nhtreatment.org](http://nhtreatment.org)