

# EFFECTS OF RED WINE CONSUMPTION ON CARDIOVASCULAR HEALTH: A REVIEW OF HYPERTENSION AND LIPID PROFILE STUDIES

Mauro Lombardo



Department for the Promotion of Human Science and Quality of Life - San Raffaele Open University, Rome, Italy

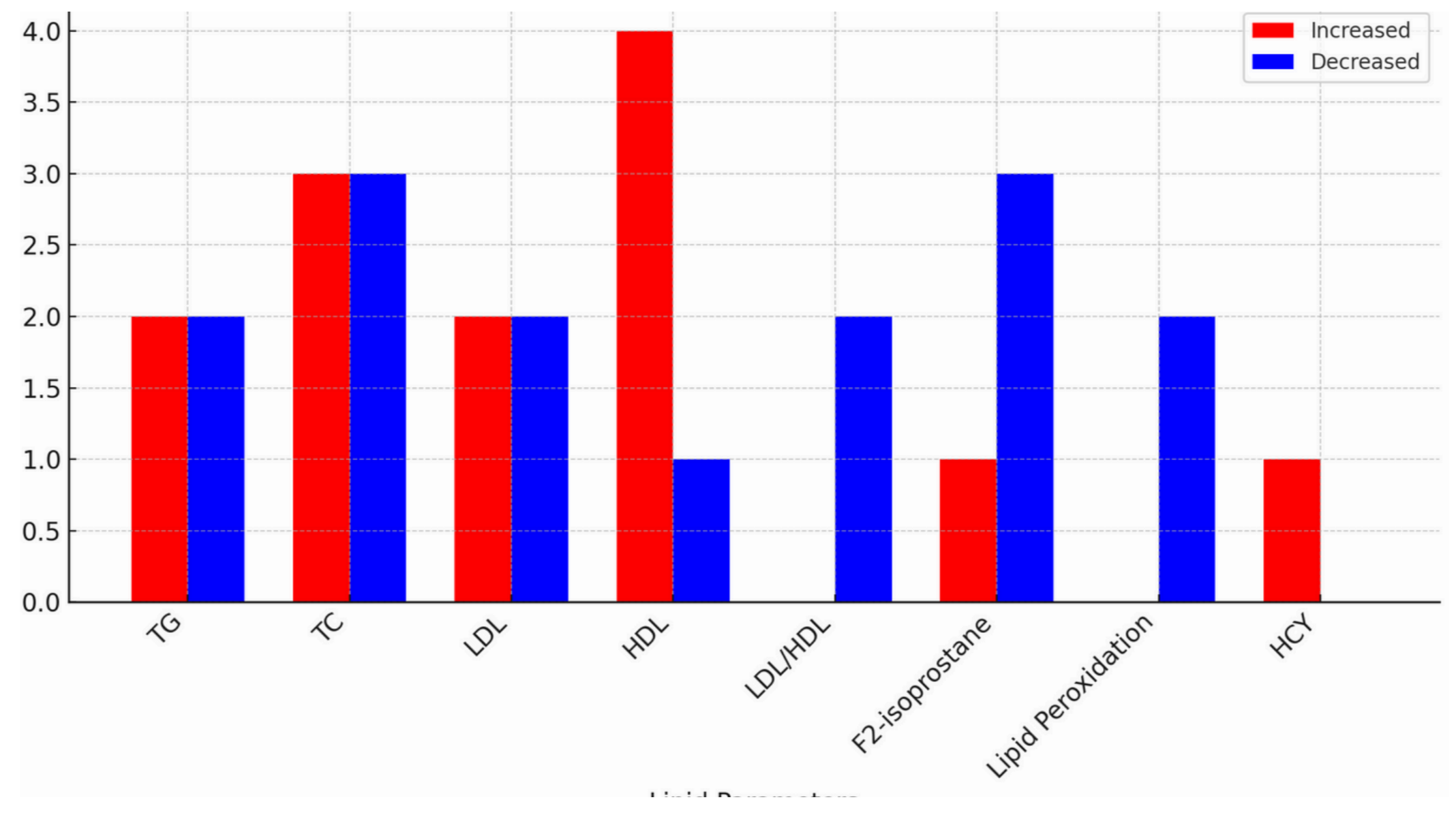
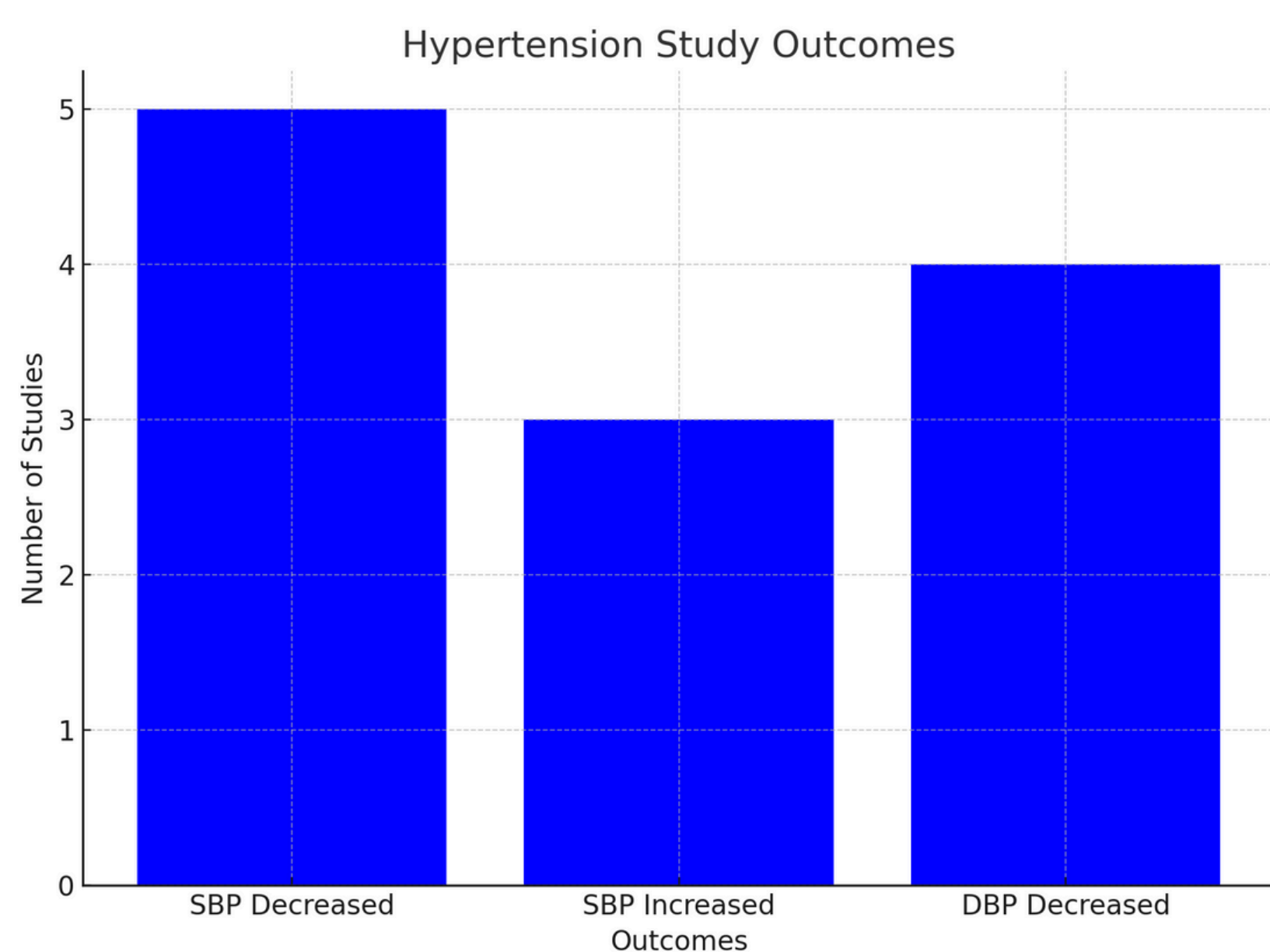
## BACKGROUND AND AIMS

This review aims to elucidate the clinical impact of Red Wine (RW) on Cardiovascular Disease (CVD) parameters and assess the relevant compounds in RW.

## METHODS

This review analyzed 29 randomized controlled trials (RCTs) to assess the impact of RW consumption on lipid profile and blood pressure. A comprehensive PubMed search, and they were selected through a rigorous search and screening process.

## RESULTS



## CONCLUSIONS

Moderate RW consumption shows a mixed impact on blood pressure and lipid profile, influenced by ethanol and polyphenols such as resveratrol, flavonoids, and tannins. Short-term studies often report on the beneficial effects on SBP, DBP, and lipid profiles, particularly with standard RW, DRW, and PSRW. However, long-term observational studies show an increased risk of CVD associated with ethanol in RW.

**MODERATE RW CONSUMPTION OFFERS POTENTIAL SHORT-TERM BENEFITS ON BLOOD PRESSURE AND LIPID PROFILES, BUT LONG-TERM USE, ESPECIALLY DUE TO ETHANOL, MAY ELEVATE CVD RISK.**