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## QUESTION & ANSWER

*Jennifer asks: "Is red wine and resveratrol truly heart healthy? What is the recommended amount of wine to drink?"*

The alcohol in wine when consumed in moderation appears to reduce cardiovascular risk. Moderation is considered one to two glasses of wine per day for men and one half-glass of wine per day for women. The smaller amount of alcohol considered moderate for women is due to an increased risk of breast cancer with alcohol.

There is no data that red wine is more heart healthy than white wine. Resveratrol is a substance naturally occurring in grape skin and red wine. Resveratrol in clinical trials extends the life span of non-mammalian organisms and of mice fed a high fat diet. There is no data in humans. While supplements are available I would not recommend their use pending further studies.

*Sam asks: "I have had chest discomfort and I have been diagnosed with myocardial ischemia. What is the best method to reduce my risk of heart attack in the future?"*

There is no one single method to reduce the risk of heart attack in those with coronary artery disease. Rather, a combination of diet, lifestyle, exercise, and medication is recommended. I would recommend a predominately plant based diet which is low in saturated fat and higher in omega-3 fatty acids and omega-9 fatty acids, and low in refined carbohydrates such as sugar and white flour. Additionally, calories should be restricted in a measured fashion until an individual achieves a normal body weight. Exercise should consist of an activity such as walking for 30-60 minutes per day, as determined by exercise stress testing. Medications, unless contraindicated for other reasons, should include aspirin, statin drugs, and angiotensin converting enzyme inhibitors or angiotensin receptor blockers. The surrogate marker goals should include a normal body weight (BMI 20-25), a normal blood pressure of 120/80, an LDL or "bad" cholesterol of 70 mg/dl, an HDL or "good" cholesterol of 70 mg/dl, and a triglyceride level of 70 mg/dl. Additionally, the non-HDL cholesterol (total cholesterol minus HDL cholesterol) should be less than 100 mg/dl.