

Post menopausal women can find relief in red wine according to research finding

Red wine's efficacy in easing cardiac problems, especially for the fairer sex, was recently confirmed by a Spanish study. The study explains that polyphenols present in red wine assist in maintaining healthy blood vessels and preventing the incidence of high blood pressure.



Heart Disease

The New York Times reports on the latest studies and research

Post menopausal women are naturally inclined to high blood pressure in response to deficiency in female sex hormones. Estrogen, which helps to keep the inner walls of blood vessels smooth, registers a drop in production after menopause and sets off the onset of hypertension as an inevitable consequence.

Though earlier findings have stressed the importance red wine in staving off heart disease, none have significantly highlighted its usefulness for older women. A compound called resveratrol found in red wine is considered to be naturally helpful in preventing heart disease. The current medical study, initiated by researchers from the University of Granada and the University Complutense of Madrid, used female rats for conducting their investigations.

The findings of the research study are reported in the latest issue of the journal *Hypertension*. Rocío Lopez-Sepulveda, who leads the investigative team, comments: "All these results suggest that a chronic treatment with RWPs reduces hypertension and vascular dysfunction through reduction in vascular oxidative stress in female SHR in a manner independent of the ovarian function." Polyphenols are accepted as an important class of nutrients responsible for minimizing oxidative stress, a principal reason for cardiac ailments. Apart from a myriad of dietary items, from which polyphenols may be sourced, red wine, chocolate and green tea may easily be ranked among the best sources.

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