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Red Wine can reduce Hypertension in Older Women

Research from Spain performed on rats shows that polyphenols found naturally in red wine may keep blood vessels healthy in older, hypertensive women. According to a study that was published in the April 2008 issue of the medical journal [Hypertension](#), compounds found in red wine could potentially help ease hypertension in postmenopausal women.

The study's authors note that women who have gone through menopause are at greater risk of hypertension than men of the same age underlining the need to identify potential therapeutic measures.

The study was led by Rocío López-Sepúlveda, a researcher at the department of pharmacology at the University of Granada, who noted in the study text that previous research has found that red-wine polyphenols can offer protection against cardiovascular disease. [Wine Spectator](#) first broke the story and subscribers to [Hypertension](#) can read the original piece on its website.

There's no doubt that knowing whether drinking wine is healthy or not is a confusing subject. Practically every few months a new study is published either extolling the benefits of drinking wine or warning drinkers about the risks. We believe that drinking wine in moderation is most important. Read blog posts in the [Wine & Health](#) section for more guidance.

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