Your Daily Drink Is Killing Your Heart Transcript

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Introduction: Sugar and Blood Pressure

If you have high blood pressure, what if the real trigger isn't salt? What if a thing that's pushing your numbers up is something you're drinking every single day and you don't even realize it?

Across large population studies, just one extra drink per day, it's linked to a 10% higher risk of developing high pressure. And the reason matters because it's also the part you can change.

Give me 14 days with one simple change and I'll show you how your blood pressure can start to move even if your weight doesn't. And don't worry, there's no pseudoscience here.

There's real trial data. behind all of this. I'm Dr. Columbus Patisse, an interventional cardiologist and a lifestyle advocate. In the cath lab, we deal with the consequences of high blood pressure nearly every single day.

Strokes, heart attack, hearth failure, kidney disease. But here's what most people don't realize. Blood pressure, it's not just a salt problem. It's a kidney problem, a blood vessel problem and a hormone problem in the everyday drink.

I'm talking about it hits all three. Let me show you what this looks like in real life. A real clinical scenario from my own clinic. who finally got on board with my lifestyle recommendations.

He started doing a lot of things right, he changed his diet, He cut way back on the salt. he started eating a plant-based, dash-style dietary eating pattern. He committed to exercising, and slowly the weight started coming off.

Clinic Case and Hidden Liquid Sugar

The blood pressure started to decline, but despite all of that, his blood was still running high, leaving him at risk. Right as we were about to add the medication, he looked at me and said, Doc, could it be something else?

Maybe the sweet tea, maybe the soda, Maybe that juice drink I grab for my kids sometimes when I'm thirsty. And then I saw it. I looked at his labs and his uric acid was elevated.

and that's where this gets interesting. Now let me connect the dots for you. That one extra drink per day those studies were talking about, it's added sugar sweetened beverages.

They are the number one delivery system for added sugars. Yes, I'm talking soda, sweet tea, lemonade, those so-called fruit drinks, sports drinks energy drinks.

And yes, some of the healthy smoothies with the added Sugar hiding in the mix and the yogurt. Now here's the one that catches people nearly every single time.

they visit the coffee shop, talk with their barista, order their vanilla latte, and not recognizing that medium vanilla latte can have around 35 grams of sugar.

That's nearly nine teaspoons in one drink. that's donut level sugar, sometimes even more. And nobody thinks that they're ordering dessert for breakfast.

All right, let me break down what's actually happening inside your body. I want you to think of blood pressure like the pressure in the garden hose. So your kidneys are controlling how much water is in hose, that's the volume.

Now your blood vessels, aka the Garden Hose, they control how tight the nozzle is. This is the resistance. In your nervous system, it can tighten those vessels fast, changing the pressures in real time.

How Sugar Raises Blood Pressure

You have three levers comprised of the Volume, the Resistance, and the Tone. Let's walk through each of them. The first lever is volume, sugar makes your kidney hold on to salt.

So when you take a lot of added sugar, especially anything with fructose, your kidneys start pulling more sodium back in. What does that mean? You hold on to more salt, which results in more water, and now your body is building pressure from the inside.

Here's the kicker. Sugar can turn a totally normal salt intake into a high blood pressure problem. Okay, let's move on the lever two. This is the resistance.

Fructose it raises uric acid and stresses your blood vessels. Now, most added sugars, they're a mixture of glucose and fructose. And frucose is the piece that can raise uric acid.

So why does that matter? Because uic acid, it disrupts the nitric oxide. Nitric Oxide is a key that tells your blood vessels to relax. Less nitrate oxide means less relaxation.

It means tighter vessels. means higher pressure. Now this is the part that most people will miss. So the real question is, where is your fruit dose coming from?

I can be honest. When I'm interviewing patients in my clinic, most will say it's not candy. It's on desserts. And we find out it the drinks, the soda, sweet tea, and sweet coffee.

What's yours? Drop it in the comments. Important nuance before anyone out there says, but what about the fruit? Whole fruit is not the problem here. We're talking about high dose, fast delivery fructose, the kind that's only found in drinks and processed foods.

When frucose comes packaged with fiber, potassium, polyphenols, like it does in a piece of fruit, your body handles it completely differently. All right, let's move on to the third lever.

Tone. Sugar drives insulin and insulin, it steps on that gas pedal. The more sugar means more added insulin. More insulin cranks up your sympathetic nervous system that fight or flight.

That means tighter vessels. It means faster heart rate and ultimately higher blood pressure. So here's the big picture. Sugar, its hitting your blood pressures three different ways.

Holding onto salt, tightening your vessels and revving up you nervous systems all at once.

Trial Data and Risk Reduction

Now think about it like this. Your body was designed for a world where sugar is rare and seasonal. A little honey protected by the bees. Some fruit high up.

That was it. How about today? Sugar is cheap. It's constant. it's actually engineered for rapid intake and consumption. Now the fastest delivery system?

sugar sweetened beverages. So here's how I think of it Drinking sugar is like pouring fuel straight into the engine with no filter. Whole fruit is fuel packaged with breaks.

So you have your fiber, your potassium, you're antioxidants. If you are having one or more sugary drinks a day, Your blood pressure is going to trend upward.

It's just a matter of time. Now let's talk numbers, because the data here is encouraging. In the premier trial, which is one of the largest lifestyle intervention studies on blood pressure, cutting just one sugary drink per day was linked

to about a two point drop in the top number, systolic, and a one point in drop the bottom number diastolic.

even after accounting for weight change. Now, I know what you're thinking out there. You hear two points and you saying, doc, that's nothing. But check this out.

Blood pressure reductions are cumulative. We don't need one magic fix. It needs several small changes, small habits that stack. you cut one liquid sugar.

That's a couple of points. Your cut two, three, four liquid sugars. your adding to those points, you improve your sleep. that a few more. You add potassium rich foods, fruits and vegetables and whole grains, a few more.

You lose even a modest amount of weight, A few More. Now you're looking at 8, 10, maybe 12 points in total. That's the difference between needing a second medication and not.

that's a difference, between a high risk category and a manageable one. And it starts with one drink. A journey of a thousand miles begins with that first drink And if you're thinking that still doesn't sound like much, hold on.

As few as a five point drop in the top number, it's linked to about a 10% reduction in major cardiovascular events, a 13% percent reduction is stroke, 13%, reduction and heart failure.

Now, if get that down by 10 points, which is exactly where lifestyle stacking can take you. And the numbers get even more serious and substantial. A 20% reduction in major cardiovascular events, a 27% percent reduction and stroke, 28% in heart failure.

It's all about reducing one's risk. That's not a rounding error. Those are lives. That's someone not having a stroke.

14-Day Challenge and Closing Advice

Someone not ending up in my cath lab. Now remember that patient I mentioned earlier? We actually did a three month trial. He cut the added sugar, especially the liquid sugar.

Not fruit, not whole foods. Just the add sugar and over those ensuing three months, his blood pressure came down between five and ten points. No magic, no gimmick.

just removing one additional major driver and letting the body do what it already knows how to do. That's the compounding power of a small change done consistently.

Now, if you're already on blood pressure medication, I need you to listen to me closely and do this part carefully. Monitor your blood pleasure closely.

Check your readings morning and evening for the first two to four weeks. If you start feeling lightheaded or your numbers trend lower than usual, have a conversation with your healthcare provider about adjusting your medication.

Lifestyle wins still need smart supervision. Are you ready for your 14 day challenge? Here it is. The first thing up, no sugar sweetened beverages for 14 days.

Second thing, it's all about what you replace. You have to fill it back in with something. Replace it with water, unsweetened tea, or sparkling water with citrus or berries.

Third thing fruit is allowed. It's not the enemy. We're targeting added sugar, not whole foods. Fourth thing track your blood pressure. morning and evening and watch what happens.

Watch the magic. You ready to take this 14 day challenge with me? Type let's go in the comments and come back in two weeks maybe three maybe four maybe six and let me know what changed.

Remember salt matters absolutely it does but added sugar especially liquid sugar can raise your blood pressure through multiple pathways. Cutting it can move your numbers.

It can improve how your vessels function, and it reduce your overall risk. Blood pressure often responds within two to eight weeks, sometimes sooner. Remember, if you wanna go fast, go alone.

If you want to go far, together. Let's go together building healthier hearts, stronger communities. So like it, share it. Send it save a life and lower blood.

See you next time.