



## **SWEETENED DRINKS & CARDIO VASCULAR DISEASE: SCIENCE & TECHNOLOGY**

**NEWS:** *Sweetened drinks 'increase risk of serious cardiovascular diseases'*

### **WHAT'S IN THE NEWS?**

A Swedish study links excessive sugar consumption, especially from sweetened drinks, to cardiovascular risks like stroke and heart failure. Indian diets high in sugar and carbohydrates worsen these risks, highlighting the need for balanced intake and healthier alternatives.

## **What is Cardiovascular Disease?**

The term 'cardiovascular disease,' or simply 'CVD,' refers to a set of ailments that affect the heart and blood arteries and can cause a number of issues that can have an impact on a person's general health and wellbeing.

### **Everything You Need to Know About Sugar Consumption and Cardiovascular Risk**

#### **1. Increased Risk from Sweetened Drinks**

- Sweetened beverages like sodas and sugary juices are strongly associated with higher risks of cardiovascular diseases such as stroke, heart failure, and atrial fibrillation.
- Liquid sugars are less satiating compared to solid foods, leading to overconsumption and a higher likelihood of health risks.
- Regular consumption of sugary drinks contributes to calorie overload without nutritional benefits, promoting obesity and metabolic syndrome.

#### **2. Occasional Treats and Balanced Sugar Intake**

- Consuming sugary foods occasionally is less harmful compared to a consistently high sugar intake.
- Extremely low sugar consumption is not necessarily linked to better cardiovascular health; moderation is key.

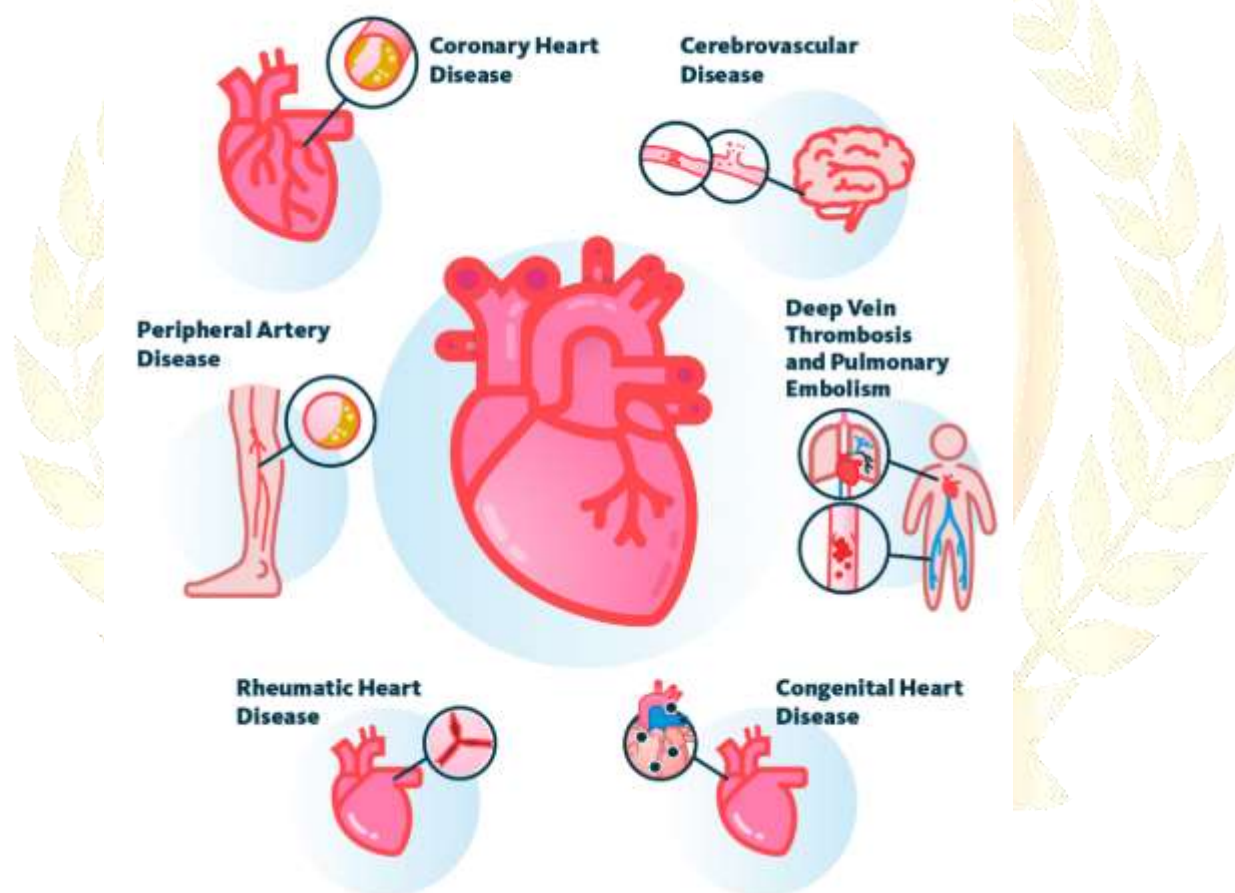


- A balanced diet with controlled sugar intake can reduce the risk of cardiovascular and metabolic disorders.

### 3. Specific Cardiovascular Risks

- Excess sugar intake increases the risk of:
  - **Ischaemic stroke:** Blockages in blood vessels supplying the brain.
  - **Abdominal aortic aneurysm:** A dangerous swelling in the main artery of the abdomen.
  - **Heart failure:** A condition where the heart cannot pump blood effectively.
- Sugar contributes to metabolic syndrome, characterized by obesity, high blood sugar, and systemic inflammation, which accelerate cardiovascular diseases.

#### Cardiovascular Diseases



### 4. Impact of Indian Dietary Habits

- Indian diets, rich in carbohydrates and sweets, pose added risks of cardiovascular diseases due to their sugar content.
- Excess sugar consumption exacerbates obesity, insulin resistance, and systemic inflammation, all of which negatively affect heart health.



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- Alternatives such as herb-infused water, fresh juices, and reduced sugar intake are recommended to improve dietary habits.

Source : <https://www.thehindu.com/sci-tech/health/sweetened-drinks-increase-risk-of-serious-cardiovascular-diseases/article68967877.ece>



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