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## **Life Stress And Coronary Heart**

But stress may affect

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behaviors and factors that increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity and overeating. Some people may choose to drink too much alcohol or smoke cigarettes to “manage” their chronic stress, however these habits can increase blood pressure and may damage artery walls.

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## **Stress and Heart Health | American Heart Association**

Stress versus cholesterol for Coronary Heart Disease. It has long been recognized that severe or sudden emotional stress could result in a heart attack or sudden death. Walter Cannon at Harvard first delineated the mechanisms

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Disease  
responsible for this in  
the early part of the  
last century.

## **Stress and Heart Disease - The American Institute of Stress**

The stress itself can be a problem. It raises your blood pressure, and it's not good for your body to constantly be exposed to stress hormones. Studies also link stress to changes in the way blood...

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## **Stress and Heart Disease: What's the Link?**

The Whitehall II study found a 2.15-fold increased risk for new coronary heart disease in men who experienced a mismatch between effort and reward at work. The high-risk subjects were those who were competitive, hostile, and overcommitted at



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work, in the face of  
poor promotion

prospects and blocked  
careers.

### **Psychological Stress and Cardiovascular Disease**

Psychological risk factors such as anxiety and depression have been associated with coronary heart disease (CHD). Stress can have an impact on the risk factors for the disease, such as high blood

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Disease  
pressure (BP), physical  
inactivity and being  
overweight.

## **Mindfulness-based stress reduction program in coronary**

...

Psychological Stress,  
Inflammation, and  
Coronary Heart  
Disease While chronic  
stress increases the  
risk of incident CHD  
and poor  
cardiovascular  
prognosis, acute

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emotional stress can trigger acute CHD events in vulnerable patients.

### **Psychological Stress, Inflammation, and Coronary Heart ...**

"This study identifies a mechanism that links stress, artery inflammation, and subsequent risk of a heart attack," says study leader Dr.

Ahmed Tawakol, an

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Disease

associate professor of medicine at Harvard Medical School. Earlier animal studies have shown that stress activates bone marrow to make white blood cells.

### **Uncovering the link between emotional stress and heart ...**

Individuals with high job strain, effort-reward imbalance, or organizational injustice

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may be at an increased risk of coronary heart disease directly or through mediating factors, such as hypertension, high cholesterol, or maladaptive behaviors.

### **Association Between Work-Related Stress and Coronary Heart**

...

Unrelieved stress in your life may damage your arteries as well as worsen other risk

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factors for coronary artery disease.

Unhealthy diet. Eating too much food that has high amounts of saturated fat, trans fat, salt and sugar can increase your risk of coronary artery disease.

## **Coronary artery disease - Symptoms and causes - Mayo Clinic**

Stress, which can trigger the tightening

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of your arteries, which increases your risk of coronary heart disease, especially coronary microvascular disease. Stress may also indirectly raise your risk of coronary heart disease if it makes you more likely to smoke or overeat foods high in fat and added sugars.

### **Coronary Heart Disease | NHLBI, NIH**

Your heart races, your palms sweat, and your

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## Coronary Heart Disease

blood pressure goes way up. You feel tired and cranky, and you snap at your family and friends. You have trouble sleeping and concentrating. You catch...

### **Job Stress and Your Heart: Cutting Your Risk**

Stress increases the plaque rate and it can accumulate in the arteries. It makes platelets sticky and



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Coronary Heart Disease  
prone to forming clots that can block these arteries. Stress can also cause arteries to constrict, starving the heart of nourishing blood and triggering chest pain or a heart attack.

### **How Are Stress and Heart Disease Related? - Health ...**

Stress from challenging situations and events plays a significant role in cardiovascular

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symptoms and  
outcome, particularly  
heart attack risk.

Depression, anxiety,  
anger, hostility, and  
social isolation also  
affect cardiovascular  
health. Each of these  
factors heightens your  
chances of developing  
heart problems.

**Reduce your stress  
to protect your  
heart - Harvard  
Health**

Stress at work is

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associated with an increased risk of coronary heart disease (CHD) but the mechanisms underlying this association remain unclear. 1 Work stress may affect CHD through direct activation of neuroendocrine responses to stressors, or more indirectly through unhealthy behaviours which increase the risk of

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Disease  
CHD, such as smoking,  
lack of exercise, or  
excessive alcohol  
consumption.

### **Work stress and coronary heart disease: what are the ...**

These results do not  
alter the well-  
established association  
between emotional  
stress and coronary  
heart disease. In  
people who have  
atherosclerotic plaques

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Disease  
built up in their heart arteries, emotional stress, like physical activity, causes an increase in heart rate and so an increased demand for oxygen in their heart muscle.

### **Stress 'causes damage to the heart,' study finds - NHS**

If stress itself is a risk factor for heart disease, it could be because chronic stress

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Disease

exposes your body to unhealthy, persistently elevated levels of stress hormones like adrenaline and cortisol. Studies also link stress to changes in the way blood clots, which increases the risk of heart attack. Does Stress Affect Everyone the Same?

**Stress and Heart Disease: Get Facts on the Warning Signs**

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This book brings together the evidence on psychosocial factors that influence the causation and progression of coronary heart disease. These include macrosocial factors such as social class, broad social influences such as the impact of work and social support and personal aspects such as depression and hostility.

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## **Stress and the Heart: Psychosocial Pathways to Coronary ...**

Results: Both life-event stressors and inadequate social supports assessed by a variety of indicators are risk factors for acute coronary heart disease events. Poor social support does not particularly appear to moderate the relationship of life



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stress to coronary heart disease but rather both appear to be independent risk factors.

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