Stress Related Conditions

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In America, one third of people with high blood pressure don’t know they have the condition. Eventually, hypertension can leave one at risk for stroke, kidney failure and heart failure. Research indicates that hypertension doubles your risk for heart attack.

In addition:

1. If you have hypertension and you smoke—you are 8 times higher at risk for heart attack
2. If you have hypertension, smoke and high cholesterol—you are 12 times higher at risk for heart attack

###### Hypertension

Research indicates that high blood pressure damages the heart by:

1. Causing our heart muscle to increase in size—and the heart has to pump more vigorously—harder; over time it can lead to congestive heart failure.

Hypertension can damage and narrow the large arteries that supply blood to our body; thereby reducing the circulation of oxygenated blood and nutrients to our body’s tissues.

Hypertension can also produce a condition called atherosclerosis—which is narrowing and hardening of the arteries because of an accumulation of fatty acids in the walls of our arteries. Essentially, atherosclerosis reduces the supply of blood to our heart which can result in angina (chest pain).

#### Stroke

One can have a stroke when high blood pressure narrows an artery in the brain enough to cause it to rupture; we call this a brain hemorrhage.

###### Kidneys

Our kidneys are at risk for damage when high blood pressure damages arterioles bringing blood to the kidneys; making it more difficult for the kidneys to rid the body of waste products; this condition results in kidney failure

In our cardiovascular system, stress damages the arteries connected to the heart, heart muscles and the heart’s electrical system.

Exposure to Chronic Stress Can be Linked to the following:

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| Allergies, anxiety and depression, fatigue, digestive disorders, headaches, heart disease, high blood pressure, insomnia, irritable bladder, irritable bowel syndrome, mouth and peptic ulcers, muscular aches and pains,panic attacks |