

# HEALTH & LIFESTYLES

## How does stress affect you?

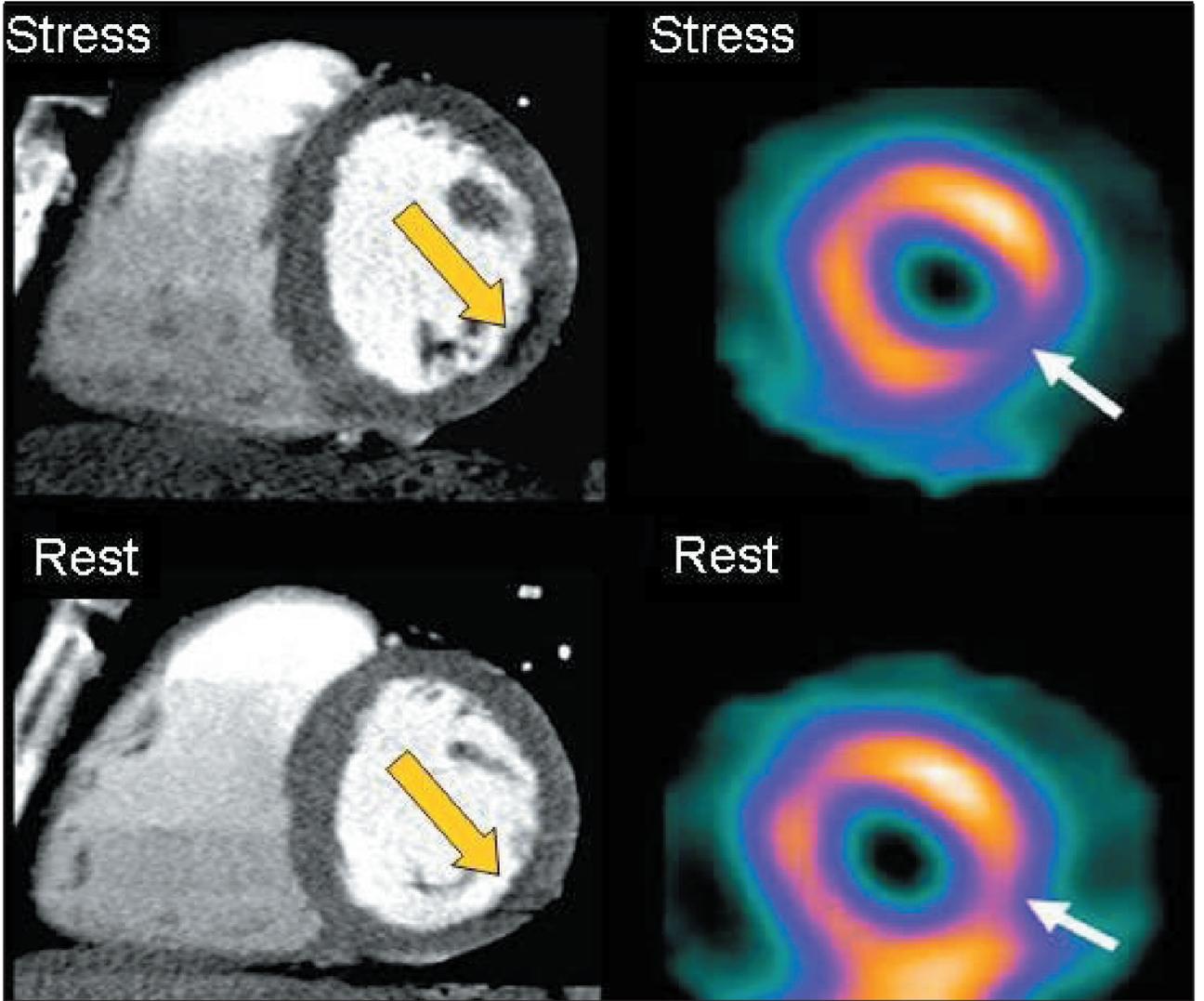
By Sandy Zimmerman  
Las Vegas Tribune  
Photos by Massachusetts  
General Hospital,  
Thethpi, Lancet

Lead author The Lancet study, Dr. Ahmed Tawakol, co-director of the cardiac MR PET CT program at Massachusetts General Hospital and Harvard Medical School, explained, "Our results provide a unique insight into how stress may lead to cardiovascular disease. This raises the possibility that reducing stress could produce benefits that extend beyond an improved sense of psychological wellbeing. Eventually, chronic stress could be treated as an important risk factor for cardiovascular disease, which is routinely screened for and effectively managed like other major cardiovascular disease risk factors."

Dr. Tawakol, informed "Researchers found that stress activity in an area of the brain called the amygdala, where emotions are processed, was linked to more inflammation in a person's arteries." "This is notable because arterial inflammation is an important driver of atherosclerotic disease, the major cause of heart attacks and stroke."

According to The Lancet research, the 293 patients studied were given a combined PET/CT scan to record their brain, bone marrow and spleen activity and inflammation of their arteries. The patients were then tracked for an average of 3.7 years to see if they developed cardiovascular disease. In this time 22 patients had cardiovascular events including heart attack, angina, heart failure, stroke and peripheral arterial disease.

The link between stress and heart disease: Having too much stress, for too long, is bad for your heart. If you're often stressed you are more likely to have heart disease, high blood pressure, chest pain, or irregular heartbeats. The stress raises your blood pressure. Studies also link stress to blood clots, which makes a heart attack more likely. Stress can be your response to the demands of everyday



Cardiac Mr Pet CT Program — Photo by Boston Massachusetts Hospital, Boston, MA.

life. Stress is not always a bad thing. In fact, the right amount of stress motivates you to be alert, full of energy and focused on your world. But, too much stress can be harmful to your health. It can cause you to feel tense, anxious, irritable or overwhelmed.

Mind and body play a role: Both your mind and body play a role in your response to stress. First, your thoughts and emotions set the stage for how much stress you experience. Your body then reacts to stress by increasing your muscle tension, heart rate and blood pressure. Over

time, these changes can cause bigger health problems.

See Dr. Ahmed Tawakol: [atawakol@mgh.harvard.edu](mailto:atawakol@mgh.harvard.edu) and visit the website Lancet: [https://www.eurekalert.org/pub\\_releases/2017-01/tl-tls011017.php](https://www.eurekalert.org/pub_releases/2017-01/tl-tls011017.php)

Dr. Tawakol suggests assessing stress and managing it are important in preventing and treating CVD. As far as they know, Serenita is the ONLY clinically validated app to measure and manage stress.

Serenita is a clinically proven and internationally recognized App for measuring and lowering stress in five minutes a day. In June 2015, Serenita won the prestigious "Best Health App of the Year" award, given annually by the Doctors 2.0 Organization.

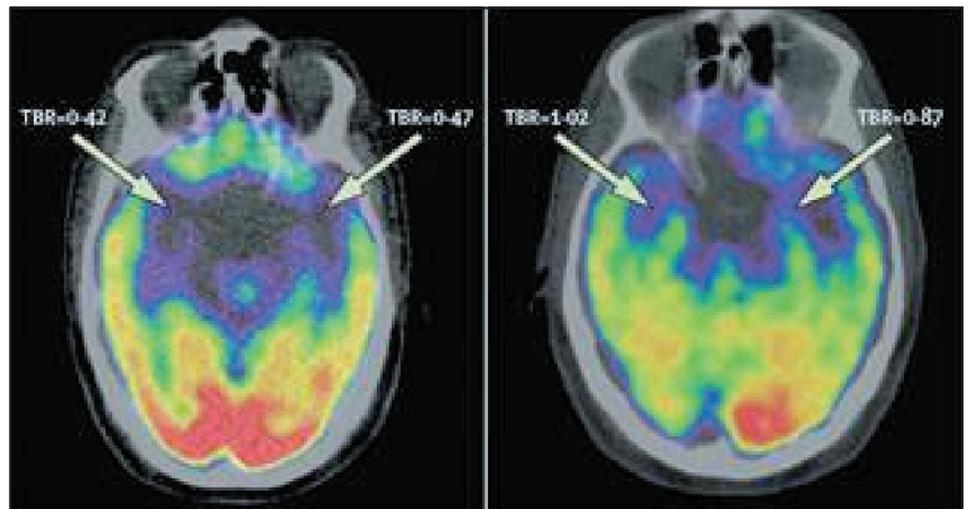
Video Explaining Serenita: [https://youtu.be/0PGP7n-Sb\\_U?t=3](https://youtu.be/0PGP7n-Sb_U?t=3)

Download Serenita from the Appstore: <https://itunes.apple.com/us/app/serenita-stress-anxiety/id954746715?mt=8> and download Serenita video from Google Play: <https://play.google.com/store/apps/details?id=com.ecofusion.mentally>

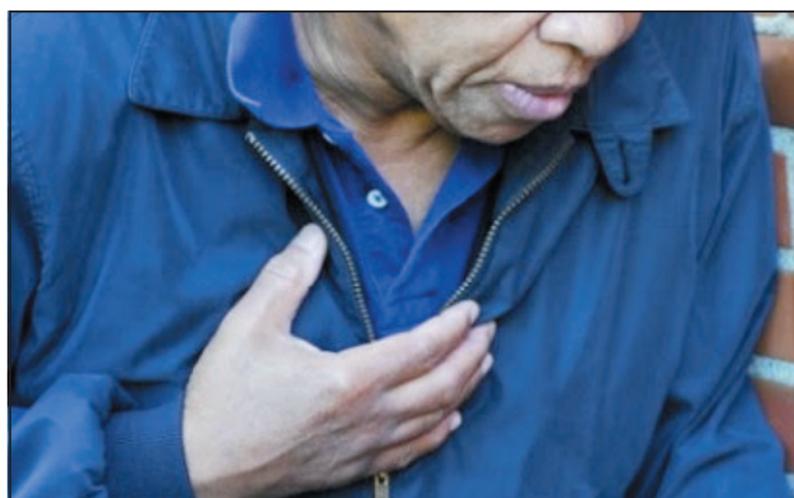
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Award winning Sandy Zimmerman is a syndicated columnist featuring Show/ Dining reviews, travel, health, luxury and

more. Sandy is talk show host of the Las Vegas Today Show programs and Discover the Ultimate Vacation travel specials. Contact Sandy at 702-515-0846 or email [sandyzimm2003@yahoo.com](mailto:sandyzimm2003@yahoo.com).



Axial views of low amygdala and high amygdalar activity. Photo published in The Lancet



Heart Attack

