Chronic Stress and the Heart

Emotional and physical stresses have a negative impact on the heart and the vascular system. Acute stress happens all at once; chronic stress occurs over a longer time period. Stress hormones (catecholamines, including epinephrine, which is also known as adrenaline) have damaging effects if the heart is exposed to elevated catecholamine levels for a long time. Stress can cause increased oxygen demand on the body, spasm of the coronary (heart) blood vessels, and electrical instability in the heart's conduction system.

Chronic stress has been shown to increase the heart rate and blood pressure, making the heart work harder to produce the blood flow needed for bodily functions. Long-term elevations in blood pressure, also seen with essential hypertension (high blood pressure not related to stress), are harmful and can lead to myocardial infarction (heart attack), heart failure, abnormal heart rhythms, and stroke.

The October 10, 2007, issue of JAMA contains an article about the effects of chronic job stress on the heart and the cardiovascular system.

**COMMON TYPES OF CHRONIC STRESSES**
- Family and marriage difficulties
- Financial problems
- Job stress
- Physical or mental illnesses
- Shift work or nighttime work hours
- School stress, especially when combined with work and family obligations
- Substance abuse, including tobacco and alcohol
- Care of aging parents, often combined with raising one's own children
- Loneliness

**HEART-RELATED EFFECTS OF CHRONIC STRESS**
- Increased heart rate
- High blood pressure
- Abnormal heart rhythms
- Increased oxygen demand
- Chest pain
- Difficulty breathing

**PREVENTING AND MANAGING STRESS**
- Incorporate some type of exercise into each day.
- Eat a healthful diet rich in fruits, vegetables, and whole grains.
- Do not smoke.
- Use alcohol only in moderation.
- Quiet time, meditation, prayer, reading, yoga, and relaxation techniques including biofeedback can help in stress management.
- Family, friends, and fellow workers can provide needed support. Talking about problems can help to express feelings and reduce conflict.
- If you have heart disease, your doctor may prescribe medication to help lower the heart rate and control abnormal heart rhythms.

Sources: National Heart, Lung, and Blood Institute; American Heart Association

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For more information:
- American Heart Association
  [www.americanheart.org](http://www.americanheart.org)
- National Heart, Lung, and Blood Institute
  [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

To find this and previous JAMA Patient Pages, go to the Patient Page Index on JAMA's Web site at [www.jama.com](http://www.jama.com). Many are available in English and Spanish. A Patient Page on acute emotional stress and the heart was published in the July 18, 2007, issue; and one on risk factors for heart disease was published in the August 20, 2003, issue.
Acute Emotional Stress and the Heart

Experiencing emotional or physical stress causes an increase in heart rate, elevation of blood pressure, and release of stress hormones. All these result in a greater workload for the heart, which can be dangerous. Stress can cause a heart attack, sudden cardiac death, heart failure, or arrhythmias (abnormal heart rhythms) in persons who may not even know they have heart disease. Individuals with congestive heart failure, coronary heart disease, known arrhythmias, or other heart or blood vessel diseases should avoid emotional stress whenever possible and learn to manage the effects of stress. Excessive physical exertion and emotional stress may cause problems in both men and women, but women seem to be particularly susceptible to developing heart problems in the face of emotional stress. Ask your doctor about any limitations on physical activity or vigorous exercise if you have heart disease.

The July 18, 2007, issue of JAMA includes an article about acute emotional stress and its effects on the heart.

Effects of Stress on the Heart

- Increased heart rate
- Increased blood pressure
- Release of catecholamines (stress hormones, including epinephrine, which is also known as adrenaline) from the adrenal glands
- Increased oxygen demand on the body (temporarily higher metabolic rate)
- Lower threshold for abnormal heart rhythms including ventricular tachycardia, ventricular fibrillation, and atrial fibrillation. Electrical instability in the heart makes it easier for these abnormal heart rhythms to occur.
- Spasm of coronary (heart) blood vessels, leading to ischemia (inadequate blood flow to the heart)

Preventing and Managing Stress

- Avoid situations that you know will cause stress.
- Incorporate some type of exercise into each day.
- Eat a healthful diet rich in fruits, vegetables, and whole grains.
- Do not smoke.
- Use alcohol only in moderation.
- Quiet time, meditation, prayer, reading, yoga, and relaxation techniques (including biofeedback) can help in stress management.
- Family and friends can provide needed support. Talking about problems can help to reduce conflict and express feelings.
- If you have heart disease, your doctor may prescribe a beta-blocker, a type of medication to help lower the heart rate and control abnormal heart rhythms.

For More Information

- American Heart Association [www.americanheart.org]
- National Heart, Lung, and Blood Institute [www.nhlbi.nih.gov]

Inform Yourself

To find this and previous JAMA Patient Pages, go to the Patient Page link on JAMA’s Web site at [www.jama.com]. Many are available in English and Spanish. A Patient Page on cardiac arrest was published in the January 4, 2006, issue; one on risk factors for heart disease was published in the August 20, 2003, issue; one on automated external defibrillators was published in the August 9, 2006, issue; and one on implantable cardioverter-defibrillators was published in the May 2, 2007, issue.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

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