## The Impact of Stress on the Most Common and Costly Diagnoses

# Diagnosis

#### **Impact of Stress**

Cardiovascular Disease (CVD) and Risk Factors (Includes heart disease, cerebrovascular disease, Diabetes, Diabetes complications, Hypertension Hyperlipidemia)



- -95 % of hypertension cases have no known physical cause. Stress is considered a major contributor in many of these cases (1).
- -Stress-prone people are 3X more likely to have higher LDL (bad) cholesterol, associated with chest pain, heart attack and stroke (2).
- -Stress causes increases in blood sugar levels, which may trigger or worsen diabetes (3).
- -Numerous studies have documented the adverse relationship between stress and heart disease (4).
- -The Center for Disease Control identifies stress and depression as two of twelve major factors contributing to heart disease and related conditions. Furthermore, workshops, trainings, and seminars on stress and depression were recommended as the most effective means of reducing these risks (5).

**Headaches/Migraines** 



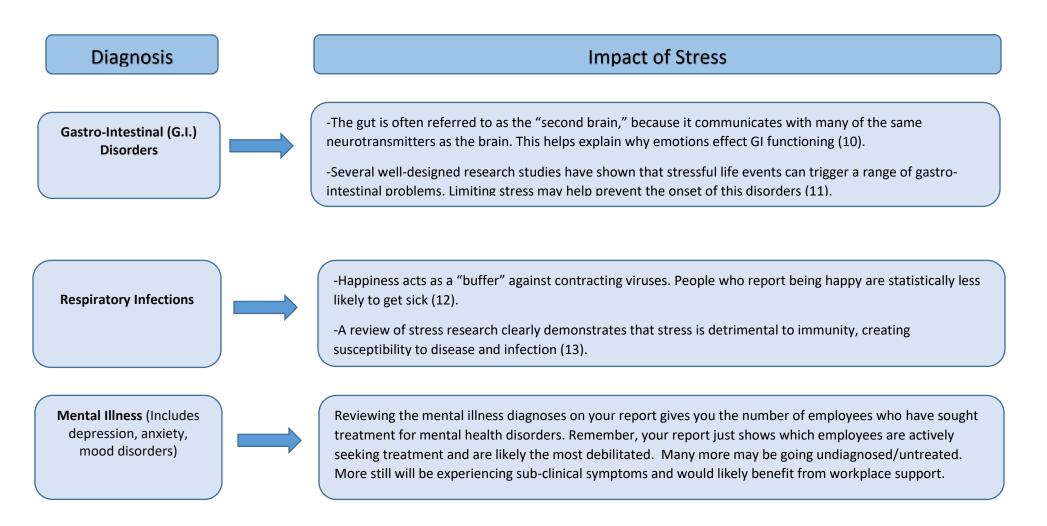
- -Stress has been found to cause and exacerbate headaches (6).
- -Because headaches are so often tied to mental distress, mind-body techniques, such as relaxation and mindfulness, can be effective in alleviating pain (7).

Musculoskeletal



- -Studies show that psychological stress causes and exacerbates low back, neck and shoulder pain (8).
- -Trapezius muscle activity and related shoulder/neck pain are highly correlated with psychological stress (9).

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