

Stress, Depression, and Heart Disease

by

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- Introduction
- Bible verses
 - John 14:27 – Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.
 - Psalms 119:24 – Thy testimonies also are my delight and my counselors.
- ASHD (arteriosclerotic heart disease) and stress
 - Psychological factors that increase ASHD are:
 - Negative intimate relationships (NIR) those with NIR are one-third more likely to have a cardiac event such as a MI or severe chest pain.
 - Job stress – high demand amount of work and intellectually difficult with low latitude (freedom to make decisions) increase cardiac risk.
 - Chronic stress increases inflammation in the coronary arteries resulting in blood clots that cause heart attacks. Chronic stress also increase unhealthy health habits and decrease healthy habits: both increase ASHD.
- Conclusion
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