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Rochester General Hospital Edition

January 2012



PSYCHOLOGICAL STRESS AND THE HEART

Several decades of research indicate that chronic mental stress contributes toward developing cardiovascular disease (CVD). Various stress related hormones have been identified as playing a significant role in its development. The impact of anxiety and depression in the development of CVD is well known and documented.

In addition, acute psychological stress causes a number of physiologic responses that can trigger acute coronary syndromes.

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