


CONCEPT: HEALTH EFFECTS OF STRESS

Health Effects Of Stress

- ◆ Chronic stress affects our physical and mental health; it is a culprit for numerous _____ problems.
 - The following are the most _____ health effects of stress:

Health Effects of Stress



- Cardiovascular Disease
- _____
- Weight gain*
- Gastrointestinal problems

- Impaired Immunity
- _____ Disruption
- Headaches
- Hair loss
- Mental disorders

* 42% of Americans gained avg. of 29 lbs during COVID pandemic.

Cardiovascular Disease



- ◆ High blood pressure (due to stress) is caused by ____ in heart rate and constriction of blood _____.
- **Atherosclerosis:** fatty _____ inside arteries.
 - ____ risk of heart attack and stroke.

Immunity



- ◆ Chronic stress _____ the immune system, increasing susceptibility to illnesses.
- Increased levels of stress _____ (epinephrine & cortisol) _____ the number of white blood cells.

White Blood Cells

Protect the body by fighting infections.

EXAMPLE

Chronic stress is associated with high blood pressure and inflammatory responses. A person experiencing these symptoms is most likely at risk of which of the following?

- a) Mental disorders
- b) Heart attack
- c) Insomnia
- d) Headaches

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PRACTICE

How does continuous stress influence the immune system?

- a) Weakens immune system, makes body more vulnerable to infections and diseases.
- b) Acute stress elevates cortisol levels, shuts down immune responses.
- c) Chronic stress activates body's stress response system, releasing cortisol; promotes white blood cell production.
- d) Decreases cholesterol levels, thereby protecting against cardiovascular diseases.

PRACTICE

Chronic stress has been linked to all of these medical problems *except*.

- a) Telogen effluvium (temporary hair loss)
- b) Type 2 diabetes
- c) Cystic fibrosis
- d) Irritable bowel syndrome
- e) None of the above