



# STRESS



as one of a risk factors for heart disease

# 33%

of people report feeling extreme stress

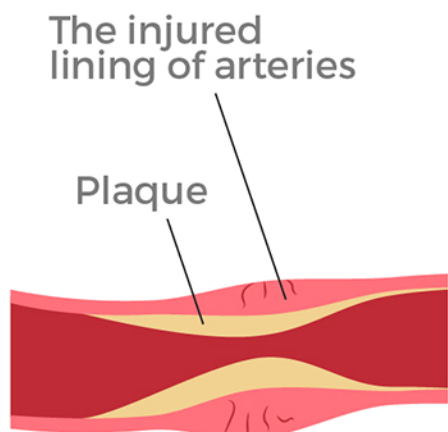
# 77%

of people experience stress that affects their physical health



## RAISED HEART RATE AND BLOOD PRESSURE

Stress raises heart rate and blood pressure, increasing the heart's need for oxygen. This increased demand for oxygen can lead to ischemia or bring on angina.



The injured lining of arteries

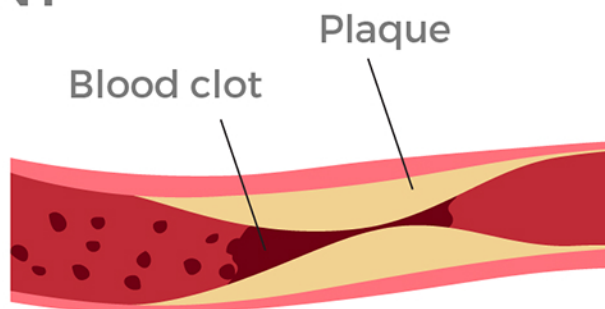
Plaque

## PLAQUE DEPOSITION IN ARTERIES

During stressful situations, the nervous system releases additional hormones that raise blood pressure, which can lead to injuring the lining of the arteries. When the arteries heal, the walls may thicken or harden, known as sclerosis. This sclerotic condition makes plaque easier to accumulate.

## INCREASES THE AMOUNT OF BLOOD CLOTTING

Stress increases the amount of blood clotting factors, making it more likely that a clot will form. Clots may then block an artery narrowed by plaque and cause a heart attack.



Blood clot

Plaque



## MAY CONTRIBUTE TO OTHER RISK FACTORS

Stress also contributes to other risk factors. For example, people who are under stress can eat too much, start smoking or smoke more, etc.

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