

# Living Well Tip of the Week



Chronic stress can have long-term effects on your physical health.

## Long-term Effects of Stress on the Body

- *healthwise*

- ❖ **Cardiovascular Disease.** Stress can lead to high blood pressure, abnormal heartbeat, problems with blood clotting, & hardening of the arteries. It also affects coronary artery disease, heart attack, & heart failure
- ❖ **Muscle Pain.** Specifically neck, shoulder, & low back pain
- ❖ **Stomach & Intestinal Problems.** Stress may be a factor in gastroesophageal reflux, peptic ulcer disease, & irritable bowel syndrome
- ❖ **Reproductive Organs.** Stress can result in decreased fertility
- ❖ **The Lungs.** Stress can make symptoms of asthma & chronic obstructive pulmonary disease worse
- ❖ **The Immune System.** Stress changes the immune system. The body becomes more vulnerable to many illness from colds & minor infections to major diseases such as cancer

Go to the Living Well Health Manager powered by WebMD at [www.webmdhealth/ut](http://www.webmdhealth/ut) and select “Lifestyle Program” and click over “Stress Management”.