

HOW STRESS AFFECTS: YOUR CARDIOVASCULAR SYSTEM

CHOLESTEROL

Stress often leads to poor dietary habits, which can put you at risk for elevated cholesterol levels.

BLOOD PRESSURE

Your body's stress response system naturally raises blood pressure, but chronic stress can keep blood pressure levels elevated.

STROKE

Recent research suggests that chronic stress increases stroke risk almost four-fold.



HEART ATTACK

Stress may not directly cause a heart attack, but chronic stress can lead to conditions (high cholesterol, high blood pressure) that put you more at risk.

HEART RATE

Like blood pressure, chronic stress can keep your heart rate consistently higher.