

## Stress related illnesses

Need one more thing to get frenzied about? Your stress levels itself could possibly be making you sick and tired.

Numerous studies have found countless **Stress related illnesses**. Stress and anxiety has a tendency to worsen or add to the risk of issues like unhealthy weight gain, heart problems, Alzheimer's, diabetes, gastrointestinal problems, depression, and asthma.

### Let's have a look at 10 **Stress Related Illnesses**

1. Heart disease - Scientific study believes that a stressed-out person has a greater risk of high blood pressure levels and heart related illnesses. We really do not know why, specifically. Stress may have a direct impact on your heart as well as blood vessels. It is quite possible that stress relates to other conditions -- increased smoking which indirectly add to the heart risks.
2. Asthma - Stress can aggravate asthma and some studies demonstrate that a parent's chronic stress could even raise the risk of asthma within their children. Doctors can say for certain that unexpected emotional stress can trigger serious asthma attack.
3. Obesity- Extra fat in the tummy has a tendency to pose higher health risks compared to fat on your legs or even hips -- and regrettably, that's where exactly people with higher stress and anxiety seem to have it.
4. Diabetes- Stress worsens diabetes in 2 ways. First of all, it increases the possibilities of unhealthy behaviors, just like junk eating in addition to excessive drinking. Next, stress has a tendency to raise the blood sugar levels of people having type 2 diabetes directly.
5. Headaches- Stress is regarded as the most common reason for headaches -- not only headaches related to tensions, but migraines also.
6. Depression plus anxiety- It should be no real surprise that severe stress is associated with higher levels of depression as well as anxiety. A survey of latest studies discovered that individuals who had stress associated with their jobs had 80% greater risk of developing depressive disorders in a short time than individuals with reduced stress.
7. Gastrointestinal problems- Here are something that stress won't do -- it does not trigger ulcers. On the other hand, it'll make them even worse. Stress is another common thing in a number of other GI conditions, for instance chronic heartburn (GERD) as well as IBS.
8. Alzheimer's disease- An animal study discovered that stress could possibly aggravate Alzheimer's disease, triggering its brain lesions to develop more rapidly. Some researchers theorize that lowering stress can slow up the continuing development of the disease.
9. Accelerated aging- There is actually many evidences which show that stress can have a big impact on your age. A study when compared the DNA of moms who have been under higher stress -- were taking care of a chronically sick child -- with mothers who weren't. Researchers discovered that a specific kind of the chromosomes revealed the consequences of faster aging. Stress appeared to accelerate aging approximately 9- 17 extra years.
10. Premature death- A research looked on the **Stress related illnesses** by examining aged caregivers taking care of their partners -- those who are obviously under a lot of stress. It

saw that caregivers got a 63% greater rate of death as compared to people of their age who weren't caregivers.

Still, you are wondering why stress makes us sick. Why an emotional feeling can wreck havoc in our bodies? When we are stressed, our body responds, our blood vessels tighten, our blood pressure and pulse rises and we start breathing faster.