

Mayo Clinic Minute

Can Work Stress Hurt Your Heart?

Video	Audio
Vivien Williams	Who hasn't been stressed-out at work?
Stephen Kopecky, M.D. Cardiology Mayo Clinic	"We've all been told to do a million things. We don't have enough time to do any of them, and there's no control over it. That's job strain."
Vivien Williams	Mayo Clinic's Dr. Stephen Kopecky says urgent pressure to get something done can cause chemical changes that do a number on your heart health.
Stephen Kopecky, M.D.	"The first urgency we had a million years ago was to run from the saber tooth tiger, and so our body said, you know, we need to give this body a lot of sugar, a lot of energy. So this body can run and get away and we can survive until the next time. Well, right now it does the same thing. You get adrenaline, you get cortisol levels, you get sugar that increases, and if you're running that's great, but most of us aren't. We're sitting at our desk yelling at somebody on the phone."
Vivien Williams	These changes can raise cholesterol, which damages arteries and increases risk of heart attack. What can you do about it?
	Dr. Kopecky says take a 10-minute break. And before bed...
Stephen Kopecky, M.D.	"Instead of ruminating about all the bad things that happen. Think of the good things that happen. That actually has been shown to increase optimism and lower your risk of heart attack."
	For the Mayo Clinic News network, I'm Vivien Williams