

# THE EFFECTS OF STRESS

## HEADACHES

Stress promotes headaches

## DEPRESSION

Chronic stress exhausts the body and can lead to depression

## POOR SLEEP

Stress makes it difficult to get to sleep, causes insomnia, alters sleep quality and makes it harder to recuperate

## REDUCED IMMUNITY

Chronic stress weakens the immune system and makes you more vulnerable to viruses and infections. It can affect the development of certain types of cancer

## HEART

Stress promotes heart rhythm disturbances (arrhythmia). Acute stress can cause takotsubo cardiomyopathy, aka broken heart syndrome, a form of heart failure which presents as an acute heart attack

## ARTERIES

Chronic stress can promote the deposit of atheroma plaques in the arteries, leading to a heart attack or stroke

## HIGH BLOOD PRESSURE

Stress has a harmful effect on blood pressure and plays a part in the development of high blood pressure, one of the main risk factors for cardiovascular disease.

## DIABETES

Stress can result in overproduction of glucose in the blood, which can lead to Type 2 diabetes.

## CHOLESTEROL

Stress leads to excess cortisol production, which has a negative impact on how the body assimilates fats, which in turn increases "bad" cholesterol levels.

## STOMACH ACHE

Stress promotes heartburn, acid reflux and bloating – it can even result in a stomach ulcer.

## LOSS OF LIBIDO

Stress can lead to reduced sexual desire, erectile disorders and vaginal dryness.

## DETERIORATION IN FERTILITY

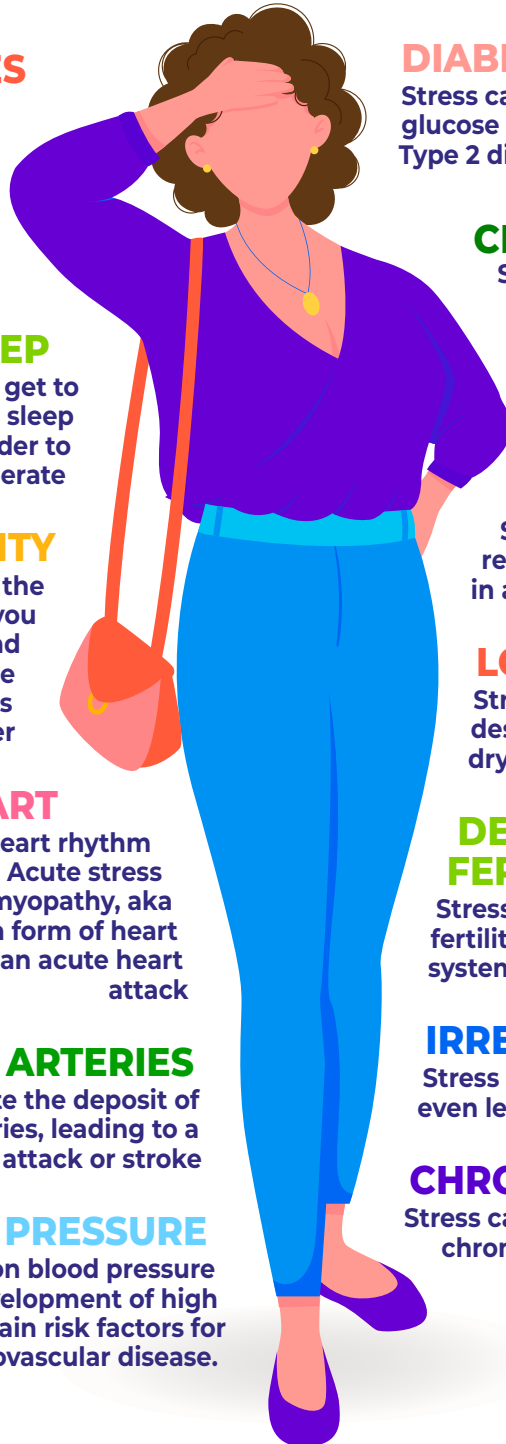
Stress can have a negative effect on fertility and disrupt the reproductive system.

## IRREGULAR PERIODS

Stress can disrupt the menstrual cycle and even lead to an absence of menstruation.

## CHRONIC FATIGUE

Stress can exhaust the body, resulting in chronic fatigue.



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