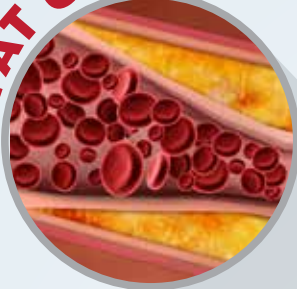




STRESS, ANXIETY, Depression AND YOUR HEART

Stress, anxiety & depression
have real physical effects
on your body

FAT CELLS



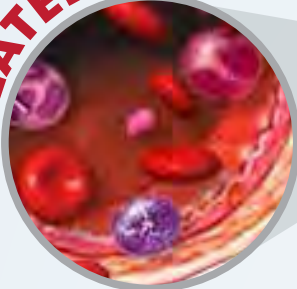
become converted
into **cholesterol**

HEART RATE



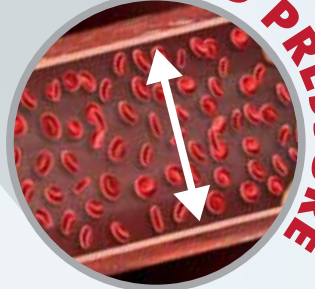
can become irregular,
develop **palpitations**

PLATELETS



become "sticky" and
build up in arteries

BLOOD PRESSURE



can **increase** for
periods of time



AM I AT RISK?

20
PERCENT

OF HEART PATIENTS
EXPERIENCE CLINICAL
DEPRESSION

23
PERCENT

OF CANADIANS
EXPERIENCE HIGH
LEVELS OF
DAILY STRESS

SMOKING & OVEREATING



INCREASED
INCIDENCE

increases
blood
pressure

makes heart
work harder

STRESS HORMONES



ELEVATED
LEVELS

increases
risk of blood
clotting

problems with
blood vessel
inner lining

INCREASED
RISK FOR
HEART ATTACK



DEVELOPMENT OF
ATHEROSCLEROSIS
OR HARDENING
OF THE ARTERIES

WHAT CAN I DO?



Be physically
active every day



Stress



Anxiety



Learn relaxation skills



Share your fears &
worries with someone



Depression



Learn about coping strategies.

Consider participating in a support program to educate yourself, alleviate some worries, and get answers to your questions. Talk to your doctor or a mental health professional about proven treatments for stress, anxiety and depression.

Seek support from family, friends
& support groups.