

life stress and coronary heart disease

[#life stress coronary heart disease](#) [#stress and heart health](#) [#CHD risk factors stress](#) [#managing stress for heart disease](#) [#cardiovascular disease prevention](#)

Explore the profound connection between life stress and coronary heart disease, a critical area of public health. Chronic stress is increasingly recognized as a significant risk factor for CHD, contributing to various physiological changes that can damage the cardiovascular system. This description delves into how stress impacts heart health, highlighting the importance of managing stress for heart disease prevention and promoting overall cardiovascular disease prevention strategies for a healthier life.

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Life Stress and Coronary Heart Disease

Annotation This book addresses one major question: Why do men get more heart disease than women? Recent global trends in heart disease show that traditional coronary risk factors, such as elevated blood pressure and cholesterol are poor candidates in explaining the gender gap in heart disease. Changes in these risk factors also cannot explain the recent cardiovascular disease epidemic among middle-aged men in Eastern Europe. This book will focus on environmental, behavioral, and psychosocial variables, as well as new risk factors of a biological nature in an attempt to understand the gender gap in heart disease. It combines perspectives from numerous disciplines, such as demography, epidemiology, medicine, sociology, and psychology. This book features the work of a distinguished group of international researchers appearing in Richard Stone's report on "Stress: the invisible hand in Eastern Europe's death rates" (Science, vol. 288, June 9, 2000, pp. 1732-33). It combines perspectives from numerous disciplines, such as demography, epidemiology, medicine, nutrition, sociology, and psychology to explore the environmental, behavioral, and psychosocial influences on men's greater susceptibility to heart disease

Heart Disease

Not long ago, it was assumed that coronary heart disease mainly--or only--affected men. Now that CHD is recognized as a leading killer of women as well as men, numerous research studies have been made of its diverse presentations in women, causal factors, and possibilities for prevention and treatment. The expert contributions to Psychosocial Stress and Cardiovascular Disease in Women span the results of this cross-disciplinary awareness. This progressive resource takes a three-dimensional approach to its subject, focusing on epidemiology and risk factors for heart disease in women, the psycho- and neurobiology of stress and coronary disease, and promising clinical interventions. Chapters identify and analyze multiple intersections of social, biological, and psychological factors in affecting women's heart health, from the social dimensions of depression to genetic/environmental interactions

to the demands of balancing work and family. These wide-ranging findings will assist and motivate professionals in choosing and creating interventions, developing appropriate prevention strategies, and reducing gender-based disparities in health care. Among the topics covered: Enhancing women's heart health: a global perspective. Coronary heart disease in women: evolution of our knowledge. Gender observations on basic physiological stress mechanisms in men and women. Sleep as a means of recovery and restitution in women. LifeSkills training: benefiting both genders, for different reasons. Gender considerations in psychosocial-behavioral interventions for coronary heart disease. In particular this book will be helpful for cardiologists and other clinicians who may ask themselves why patients do not seem to make rational choices. "Why do patients not follow the advice they are offered?" is a common complaint. The role of psychosocial stress for patient compliance and adherence can be traced throughout the volume. It is emphasized in the chapters on psychosocial interventions along with other tangible and conceptual suggestions and experiences with psychosocial stress and life style change. Psychosocial Stress and Cardiovascular Disease in Women offers a deep practical level of understanding of this epidemic to help expand the work of health and clinical psychologists, sociologists, cardiologists, primary care physicians, and epidemiologists.

Psychosocial Stress and Cardiovascular Disease in Women

The main aim of this book is to evaluate the concept of stress and provide tools for physicians to identify patients who might benefit from stress management. This will incorporate a detailed description of the physiological and pathophysiological consequences of acute and chronic stress that might lead to cardiovascular disease. The book will aim to critically evaluate interventional research (behavioural and other therapies) and provide evidence based recommendations on how to manage stress in the cardiovascular patient. Our intentions are to define and highlight stress as an etiological factor for cardiovascular disease, and to describe an evidence based "tool box" that physicians may use to identify and manage patients in whom stress may be an important contributing factor for their disease and their risk of suffering cardiovascular complications.

Stress and Cardiovascular Disease

This book brings together two important and challenging topics: Psychological Stress and Coronary Heart Disease. Both have central relevance for the health and well being in our life. We explain how psychological stress and hostility, as the disease of civilization, influence the mind and damage the arteries of heart. This book concentrates on the risk factors for Coronary Heart Disease: Age and gender, Family history, Less of physical activity, Obesity, Blood cholesterol and LDL. This book looks at health and psychological states, health and emotional situation, health and behavioral factors, emotions and immune function, psychoneuroimmunology, self-esteem, life style and devise good strategies for better life. This book intends to promote the role of social networks, social interactions, social support and stress-buffering model in health.

Work-related Factors and Ill Health

This book brings together the evidence on psychosocial factors that influence the causation and progression of coronary heart disease. These include macrosocial factors such as social class, broad social influences such as the impact of work and social support and personal aspects such as depression and hostility. An important part of the book is the description of psychological and social influences on diet, smoking and physical activity all of which may be implicated in the causation of heart disease. These psychosocial factors are linked to the metabolic and physiological pathways involved in the development of coronary heart disease and their links with genetic characteristics are explored. Finally recent psychosocial intervention studies are reviewed.

Psychological Stress and Coronary Heart Disease

With coronary heart disease one of the biggest killers in the Western world, this book will help people of all ages understand what coronary heart disease is and what can be done to prevent it, or at least, delay it for as long as possible. Highly accessible, and written by two experienced heart doctors, the text is designed to help dispel fears of the condition and allow readers to take control of their health and future, whether they are patients or practitioners.

Stress and the Heart

It is often suggested that the incidence of cancer and coronary heart disease could be much reduced or even eliminated if only people would stop smoking cigarettes and eat fewer high-cholesterol foods. The evidence, however, shows that such views are simplistic and unrealistic and that, instead, cancer and CHD are the product of many risk factors acting synergistically. Psychosocial factors (stress, personality) are six times as predictive as smoking, cholesterol level or blood pressure and much more responsive to prophylactic treatment. This book admits that, while smoking is a risk factor for cancer and CHD, its effects have been exaggerated. A more realistic appraisal of a very complex chain of events incorporating many diverse factors is given, and appropriate action to prevent cancer and coronary heart disease is discussed.

Living with Coronary Disease

The Social Security Administration (SSA) uses a screening tool called the Listing of Impairments to identify claimants who are so severely impaired that they cannot work at all and thus immediately qualify for benefits. In this report, the IOM makes several recommendations for improving SSA's capacity to determine disability benefits more quickly and efficiently using the Listings.

Smoking, Personality, and Stress

Cardiovascular disease is a leading cause of death throughout the world. Chronic negative emotions such as depression and anxiety place cardiac patients at greater risk for death and recurrence of cardiovascular disease. In 2008 the editor published a book related to this topic, titled *Psychotherapy with Cardiac Patients: Behavioral Cardiology in Practice* (American Psychological Association). Aside from that book, there are very few resources specifically written for clinicians who treat psychologically distressed cardiac patients. Unlike other medical specialty areas such as oncology, the field of cardiology has been slow to integrate behavioral treatments into the delivery of service. Perhaps because the field has been largely defined and dominated by researchers, mental health clinicians are only starting to recognize behavioral cardiology as a viable arena in which to practice. There is a large void in the practitioner literature on behavioral cardiology. In a review of *Psychotherapy with Cardiac Patients*, Paul Efthim, Ph.D. wrote, "Her new book goes well beyond previous works by giving specific and detailed guidance about how to tailor psychological interventions with this variegated population." He added, "It would benefit from even more details about treatment approaches." This proposed volume goes beyond the editor's previous volume by providing in-depth descriptions of behavioral treatments for distressed cardiac patients written by eminent leaders in behavioral cardiology. This book describes a wide range of behavioral treatments for the common psychologically based problems encountered by clinicians who treat cardiac patients. The book is organized as follows: Part I focuses on the most psychologically challenging and common presentations of cardiac diagnosis; coronary artery disease, arrhythmia, and heart failure. This section also includes a chapter on heart transplantation, which is a treatment, not a diagnosis, but a treatment that incurs profound psychological impact for the individual. In Part II, behavioral interventions for the general cardiac population are described. Mainstream therapies such as stress management, cognitive-behavioral therapy, and medical family therapy are described, along with approaches that have less empirical support but considerable practical significance such as personality-guided therapy and interventions aimed at altering type D personality traits. The literature in behavioral cardiology has a rich history of investigating maladaptive personality traits and thus it is important to include behavioral approaches that target personality in this volume. Part III focuses on common behavioral problems encountered by clinicians who work with this patient population. Most patients who seek psychological help do so because they perceive themselves to be stressed due to their job or overextended in all areas of their life. Other people with heart disease present with sleep problems and/or an inability to motivate themselves to exercise or quit smoking. There are many practical behavioral approaches that can be helpful for patients with these difficulties and these are detailed in this section of the book. The conclusion of the book focuses on how to integrate the behavioral treatments described in the preceding chapters into a comprehensive treatment model.

Cardiovascular Disability

From a top cardiologist-simple stress-reduction techniques to prevent and reverse the four major kinds of heart disease The 15 Minute Heart Cure shows how stress can harm our cardiovascular system and offers practical, easy ways to dispel stress naturally, without spending a lot of time or money. It explains the stress-heart disease connection for the four major types of heart disease-heart attack, arrhythmia, congestive heart failure, and cardiac valve disease-and equips you with the author's proven

BREATHE technique to help you stop stress in its tracks. Teaches the BREATHE (beginning, relaxation, envision, apply, treatment, heal, end) technique to help you heal and protect your heart Gives you specific stress-reducing breathing and guided imagery exercises you can do anywhere, anytime First book by a leading cardiologist on the stress-heart disease connection-Dr. Kennedy is the former director of Cardiac Catheterization Laboratory and director of Inpatient Cardiology, Kaiser Permanente Medical Center, San Rafael, CA and the current medical director of Preventive Cardiology and Wellness, Marina Del Rey Hospital, Marina Del Rey, California, and member of the Board of the American Heart Association Includes real-life case examples from the author's extensive clinical experience. Don't let stress hurt your heart. Unleash the healing benefits of The 15 Minute Heart Cure and discover the wonderful sense of focus and calm it will bring to your life.

Stress Proof the Heart

'I truly wish this book had been available when I had my heart attack. It gives one the confidence to lead a normal life afterwards'. Bob Champion Medicines, surgeries, diet and exercise are not all that matter for the millions of people who should be living long, happy lives despite heart disease. In fact, the crucial obstacles that heart patients face revolve around their emotional health. When patients are being treated, their medical teams focus primarily on the clinical part of saving lives, and psychological issues are rarely addressed. Yet the reason some people recover and lead productive lives while others don't lies in the relationship between health and behaviour. By following Dr Sotile's advice, readers will gain the courage and conviction to stick with the healthy living plans that doctors prescribe and all the diet and exercise books patients offer. Using a number of case studies, 'Thriving with Heart Disease' guides patients and their families through the psychological side of the illness's effects toward a better state of mental and physical health. 'A credible and constructive approach to the care and understanding of the patient's fear, anxiety and physical problem

The 15 Minute Heart Cure

This comprehensive yet practical handbook consolidates information needed by health psychologists working alongside other healthcare professionals. It facilitates the progression of the learner from the classroom to the clinical setting by focusing on the translation of science to practice using practical examples. The Handbook is divided into four major parts. Part I highlights practical issues faced by health psychologists in a medical setting (how to motivate patients, consultation-liaison, assessment and screening, brief psychotherapies, ethical issues, etc.) Part II concentrates on treating unhealthy behaviors (alcohol and nicotine use, noncompliance, overeating/obesity, physical inactivity, stress). Part III considers behavioral aspects of medical problems (pain management, hypertension, diabetes, cancer, sexual dysfunction, HIV/AIDS, irritable bowel syndrome, insomnia). And Part IV takes up special issues relevant to practice and research in the field (minority issues, women's issues, working with geriatric populations, public health approaches to health psychology and behavioral medicine). The Handbook will prove to be an invaluable resource for those already working in the field of health psychology as well as for those in training. .

Thriving with Heart Disease

It has been known or suspected for centuries that there is an association between mind and emotions and the occurrence of heart disease and sudden death. During the past fifty years this relationship has become identified with the concept of Stress, a notion developed and popularized by Hans Selye. In recent years there has been an upward surge of interest in stress by scientists in several disciplines and by the general public. Although, books, journal articles, seminars and media programs devoted to stress now abound, the definition, manifestations, mechanisms, and management of stress remain uncertain and controversial. In an attempt to clarify the situation an International Symposium on Stress and Heart Disease was held in Winnipeg, Canada, June 26-29, 1984, and the proceedings form the basis of this book and its companion volume "Pathogenesis of Stress-Induced Heart Disease". Although most species which have ever existed are now extinct through countless millennia, the human species has successfully adapted to changing conditions ("stressors") such as ice ages, predators and parasites, wars, famine and plague, and now it is coping with rapidly changing social, economic and political circumstances. Such adaptation occurs at all levels of life- at the molecular level within the cell, at the level of the whole cell, in the groups of cells as organs, in the entire organism or individual, and in some cases, in the society in which the individual lives.

Life Stress and Illness

Ideal for cardiologists who need to keep abreast of rapidly changing scientific foundations, clinical research results, and evidence-based medicine, Braunwald's Heart Disease is your indispensable source for definitive, state-of-the-art answers on every aspect of contemporary cardiology, helping you apply the most recent knowledge in personalized medicine, imaging techniques, pharmacology, interventional cardiology, electrophysiology, and much more! Practice with confidence and overcome your toughest challenges with advice from the top minds in cardiology today, who synthesize the entire state of current knowledge and summarize all of the most recent ACC/AHA practice guidelines. Locate the answers you need fast thanks to a user-friendly, full-color design with more than 1,200 color illustrations. Learn from leading international experts, including 53 new authors. Explore brand-new chapters, such as Principles of Cardiovascular Genetics and Biomarkers, Proteomics, Metabolomics, and Personalized Medicine. Access new and updated guidelines covering Diseases of the Aorta, Peripheral Artery Diseases, Diabetes and the Cardiovascular System, Heart Failure, and Valvular Heart Disease. Stay abreast of the latest diagnostic and imaging techniques and modalities, such as three-dimensional echocardiography, speckle tracking, tissue Doppler, computed tomography, and cardiac magnetic resonance imaging. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability.

The Health Psychology Handbook

The issue of women's health has long been neglected. This applies to many medical areas, but it has become most evident in the field of cardiology. For a long time, cardiology has been a medical specialty which seemed to be created for men, by men--particularly in research, but also in intensive clinical care units where male patients have been most visible and dominating. Furthermore, the clinical cardiologists--their doctors--have been predominantly male. It is easy to understand that most women think they will die from cancer rather than from heart disease, but this is not true. Heart disease is the leading cause of death for women as it is for men. Female patients are frequently encountered in the cardiology department, but they are older and seem to get less visibility and attention than the male patients. Research on risk factors for heart disease has also been almost entirely focused on men. This is true for psychosocial/behavioral aspects of cardiovascular risk. Aiming to fill this gap, this volume contains contributions from outstanding international and national researchers from different fields such as sociology, psychology, epidemiology, cardiology, clinical medicine, and physiology. These professionals gathered together for an interdisciplinary seminar on women, stress, and heart disease held at the Swedish Society of Medicine. Based on the seminar, this book provides a solid foundation for empirically based scientific conclusions on this important subject.

Stress and Heart Disease

The main aim of this book is to evaluate the concept of stress and provide tools for physicians to identify patients who might benefit from stress management. This will incorporate a detailed description of the physiological and pathophysiological consequences of acute and chronic stress that might lead to cardiovascular disease. The book will aim to critically evaluate interventional research (behavioural and other therapies) and provide evidence based recommendations on how to manage stress in the cardiovascular patient. Our intentions are to define and highlight stress as an etiological factor for cardiovascular disease, and to describe an evidence based "tool box" that physicians may use to identify and manage patients in whom stress may be an important contributing factor for their disease and their risk of suffering cardiovascular complications.

Braunwald's Heart Disease E-Book

Cardiovascular disease (CVD), once thought to be confined primarily to industrialized nations, has emerged as a major health threat in developing countries. Cardiovascular disease now accounts for nearly 30 percent of deaths in low and middle income countries each year, and is accompanied by significant economic repercussions. Yet most governments, global health institutions, and development agencies have largely overlooked CVD as they have invested in health in developing countries. Recognizing the gap between the compelling evidence of the global CVD burden and the investment needed to prevent and control CVD, the National Heart, Lung, and Blood Institute (NHLBI) turned to the IOM for advice on how to catalyze change. In this report, the IOM recommends that the NHLBI, development agencies, nongovernmental organizations, and governments work toward two essential goals: creating environments that promote heart healthy lifestyle choices and help reduce the risk of

chronic diseases, and building public health infrastructure and health systems with the capacity to implement programs that will effectively detect and reduce risk and manage CVD. To meet these goals, the IOM recommends several steps, including improving cooperation and collaboration; implementing effective and feasible strategies; and informing efforts through research and health surveillance. Without better efforts to promote cardiovascular health, global health as a whole will be undermined.

Women, Stress, and Heart Disease

In this groundbreaking work, distinguished contributors explore the myriad relationships between networks of social support and the development, treatment, and rehabilitation of individuals with cardiovascular disease. Chapters span the range from conceptual to methodological issues, and take into account gender, environmental, and cultural differences. The book will provide a wealth of information for clinicians and students in the fields of behavioral medicine, psychophysiology, and cardiovascular disease.

Stress and Cardiovascular Disease

The new edition of this popular handbook has been thoroughly updated to include the latest data concerning treatment of first-episode patients. Drawing from their experience, the authors discuss the presentation and assessment of the first psychotic episode and review the appropriate use of antipsychotic agents and psychosocial approaches in effective management.

Promoting Cardiovascular Health in the Developing World

Numerous epidemiological studies report that birth weight is inversely associated with blood pressure, suggesting that slow growth during fetal life programs hypertension and increased risk for cardiovascular disease in later life. Different experimental models are used to provide proof of concept for the theory of developmental programming of cardiovascular disease, and studies in these different animal models are providing insight into the etiology of chronic disease programmed by an imbalance in nutrition during early life or exposure to maternal complications during pregnancy. Alterations in the regulatory systems key to the long-term control of blood pressure are implicated in the etiology of hypertension that results from adverse exposures during early development. Epigenetic processes are also implicated in the increased risk for programmed cardiovascular disease and the passage of programmed cardiovascular risk to the next generation. Sex, age, and early postnatal growth impact later programmed risk; programmed risk is also amplified in response to a secondary challenge that includes normal physiological processes such as pregnancy. Thus, this book will highlight how events during early life impact later cardiovascular health in a manner that is sex- and age-dependent and can be transmitted to the next generation. Table of Contents: Introduction / Historical Perspective / Epidemiological Studies / Experimental Models of Developmental Programming / Mechanisms of Developmental Programming / Birth Weight and Clinical Considerations / Birth Weight and Cardiovascular Disease: Translational Considerations / Summary and Conclusions / References / Author Biography

Social Support and Cardiovascular Disease

The chapters in this book focus on the physical, social, and emotional components of the concept of quality of life. How diseases affect the quality of life of people is mainly discussed. The influence of diseases on quality of life in age-specific periods such as childhood, youth, and old age is also emphasized. In some non-disease-related environmental factors, specific social phenomena have also been analyzed. I hope that current research and research results in the book will be used to increase the quality of life by health professionals. This book will attract not only health workers but also environmentalists and social scientists and behavioral scientists.

First Episode Psychosis

Atherosclerosis is a disease that causes medium-size and larger blood vessels in the body to harden and narrow which is not a clinical symptoms but it is the ultimate stage of any types of coronary heart disease like stroke, heart attack, myocardial infarction, paralysis and so on. In recent decades, there has been increasing interest in exploring the relationship between psychological stress and various health conditions. Extensive studies support that behavioral and psychological factors contribute significantly to the development and progression of atherosclerosis. Psychological factors, specifically depression, anxiety, personality factors, social isolation, and chronic and sub-acute life stress, are known to be

related to the risk of heart disease. This spurred on the relentless effort to explore how behaviour and biological systems could interact in the endeavour to uncover more mysteries of the human body. This review addresses the biomolecular mechanism of understanding the role of chronic psychological stressors on the immune system and development of atherosclerosis as well as established the relationship between the chronic psychological stress and the atherosclerosis.

Stress and the Heart

Recently, there has been a growing awareness of the multiple interrelationships between depression and various physical diseases. Patients with psychiatric problems, particularly depression, may be more susceptible to cardiovascular disorders. Depression and Heart Disease synthesizes current evidence, including some previously unpublished data, in a concise, easy-to-read format. The authors succinctly describe the epidemiology, pathogenesis (including cytokines and genetics), and risk factors of the comorbidity between depression and heart disease. The book also reviews the best pharmacological and psychotherapeutic approaches for people with this comorbidity.

Developmental Programming of Cardiovascular Disease

The Encyclopedia of Heart Diseases is an accurate and reliable source of in-depth information on the diseases that kill more than 12 million individuals worldwide each year. In fact, cardiovascular diseases are more prevalent than the combined incidence of all forms of cancer, diabetes, asthma and leukemia. In one volume, this Encyclopedia thoroughly covers these ailments and also includes in-depth analysis of less common and rare heart conditions to round out the volume's scope. Researchers, clinicians, and students alike will all find this resource an invaluable tool for quick reference before approaching the primary literature. * Coverage of more than 200 topics, including: applied pharmacology of current and experimental cardiac drugs, gene therapy, MRI, electron-beam CT, PET scan put in perspective, cardiac tests costs and justification, and new frontiers in cardiovascular research * More than 150 helpful figures and illustrations! * Dr. Khan is a well-published and respected expert in heart and heart diseases

Well-being and Quality of Life

Coronary heart disease (CHD) is one of the most common and serious diseases in the United States, affecting 12 million Americans. This new edition addresses the concerns of those diagnosed with CHD, giving the most up-to-date and concise information regarding the disease and its treatment options. With the right medical treatment and lifestyle changes, those who suffer from CHD can live healthier and happier lives. Chapters explain how cholesterol affects the heart, what medical tests are needed, how medications work, what is involved in an angioplasty or bypass surgery, and how to spot the warning signs of a heart attack.

Chronic Psychological Stress and Atherosclerosis

This comprehensive review of scientific research supporting evidence of the relationship between cardiac disease and psychological condition offers practical suggestions for developing a clinical practice, and proposes directions for future research in the new field of "cardiac psychology". Every chapter is written by world-renowned researchers in the field. A theoretical and practical guide, it will interest physicians, clinical and health psychologists, and all professionals who seek to understand the mind-health link.

Depression and Heart Disease

Proceedings of the NATO Advanced Study Institute, Castéra-Verduzan, France, August 1-16, 1981

Stress and Cardiovascular Disease

Do you have the Coronary Prone Behavior Pattern? Are you chronically anxious, easily angered, irritable, or feel that you are never going to have enough time to do all of the things that you need to do and run around trying to do them anyway? If you answered yes to any of these questions, you will want to read Stress and A Healthy Ticker. Do you have a history of heart disease in your family or have you had any cardiovascular illness yourself? If yes, you will want to read Stress and A Healthy Ticker. This book is easy to read, entertaining, and filled with practical information that you can start using today to protect your health and improve your quality of life. A mind/body approach

to preventing and recovering from heart disease, the information and tools in this book may help you reduce your stress, improve your health, relationships, and quality of life. Everyone who reads *Stress and A Healthy Ticker* raves about how it has changed their life. Diana Weiss-Wisdom, Ph.D., is a licensed psychologist (psy#12476) in private practice in Del Mar, California, a newspaper columnist, and is frequently asked to speak on the subject of stress, health, and optimism. Dr. Weiss-Wisdom can be reached at www.dradianaweiss-wisdom.com.

Encyclopedia of Heart Diseases

The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease. Based on the groundbreaking results of his twenty-year nutritional study, *Prevent and Reverse Heart Disease* by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary *Forks Over Knives*. *Prevent and Reverse Heart Disease* has helped thousands across the country, and is the book behind Bill Clinton's life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn's patients began to improve dramatically, and twenty years later, they remain free of symptoms. Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller *Prevent and Reverse Heart Disease* explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health.

Coronary Heart Disease

This book explains how stress – either psychological or physical – can activate and/or paralyze human innate or adaptive immunity. Adequate immunity is crucial for maintaining health, both on Earth and in space. During space flight, human physiology is specifically challenged by complex environmental stressors, which are most pronounced during lunar or interplanetary missions. Adopting an interdisciplinary approach, the book identifies the impact of these stressors – the space exposome – on immunity as a result of (dys-)functions of specific cells, organs and organ networks. These conditions (e.g. gravitation changes, radiation, isolation/confinement) affect immunity, but at the same time provide insights that may help to prevent, diagnose and address immune-related health alterations. Written by experts from academia, space agencies and industry, the book is a valuable resource for professionals, researchers and students in the field of medicine, biology and technology. The chapters “The Impact of Everyday Stressors on the Immune System and Health”, “Stress and Radiation Responsiveness” and “Assessment of Radiosensitivity and Biomonitoring of Exposure to Space radiation” are available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

Clinical Psychology and Heart Disease

Individual Differences, Stress, and Health Psychology presents recent research on how individual differences lead to the variety of reactions people display to stressors. These reactions are considered particularly in their relation to health and illness. Distinguished international researchers in health psychology speculate on the future of the field and its application to developing treatments or changes in lifestyles that may prevent or alleviate such disorders as cancer, coronary heart disease, hypertension, and post-traumatic stress syndrome. The volume makes a significant contribution to the study of the relation between stress and health processes.

Behavioral Medicine: Work, Stress and Health

Psychological factors significantly affect the cardiovascular system and play an important role in the etiopathogenesis of cardiovascular disorders. For the past several decades attention to the psychosocial and behavioural factors in cardiovascular disease has increased significantly. Multiple lines of evidence suggest that psychosocial factors contribute significantly to coronary heart disease as evidenced by data relating risk to depression, anxiety, personality factors and character traits, social isolation, and chronic life stress. When psychosocial stresses tend to cluster together, risk for cardiac events is often substantially elevated, equalling or exceeding that associated with standard biomedical risk factors for coronary disease such as hypertension and hypercholesterolemia. Understanding the

integration of the interactions among multiple psychological and biological factors in the regulation of the cardiovascular system and the development of cardiovascular disorders is an important challenge for future research. This book will contribute to this goal. The contributors to this book are the leading international experts in the field of the relation between psychological processes and cardiovascular disorders. This book will be of interest to physicians, psychologists, mental health counsellors, other clinicians, medical and psychology students, medical residents, and the general public.

Stress And A Healthy Ticker

This book is a detailed guide to a new integrative approach to the prevention and treatment of various cardiac disorders and risk factors, including coronary artery disease, congestive heart failure, arrhythmias, dyslipidemia, and hypertension. This approach combines various strategies, including metabolic cardiology, low-dose medicine, exercise programs, stress management programs, evaluation for inherited risk factors, and various other healing modalities. Metabolic cardiology focuses on the prevention, management, and treatment of cardiovascular disease at the cellular level through biochemical interventions with nutritional supplements that can promote energy production in the heart. Low-dose medicine, on the other hand, interprets pathological phenomena as an imbalance in intercellular signaling that may be corrected through the administration of low physiological doses of messenger molecules. Therapies outside of mainstream medicine may also be deployed in integrative cardiology, for example acupuncture, herbal medicine, and homeopathy. Integrative Cardiology will be of interest to all practitioners wishing to learn about an approach that incorporates the incredible advances in medication and technology with a focus on nutrition, lifestyle, and mind–body influences.

Proceedings of the Conference on Stress, Strain, Heart Disease & the Law

Prevent and Reverse Heart Disease