

Heart Congress 2020: Anxiety Disorders And Heart Diseases- RN Nurse, Private Hospital of Thessaloniki, Thessaloniki, Greece

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Introduction:

Cardiovascular diseases are numerous diseases that affect the heart. Stress and anxiety play an important role in the development of cardiovascular disease.

Objectives: The purpose of this study is to delve into the impact of anxiety disorders on the progress of heart disease. If you feel anxious now and then, that's perfectly normal. In fact, worrying can spur you to take positive action that may benefit your health, such as getting screening tests or doing regular exercise. But excessive worrying can have the opposite effect.

"Small amounts of anxiety and stress can push people to be more productive. The problem happens when anxiety becomes so overwhelming that you're unable to function normally," says Dr. Christopher Celano, a psychiatrist at the Cardiac Psychiatry Research Program at Harvard-affiliated Massachusetts General Hospital. That level of worry and stress may represent an anxiety disorder, a group of conditions that affect some 40 million adults in this country.

Review Method: A bibliographic search was conducted through Medical Literature Analysis and Retrieval System Online and "Google Scholar" search engine using the keywords: anxiety disorders, anxiety, heart disease, and treatment, for the time period 2008-2020. The language except for English and Greek was the exclusion criterion for the study. It's not completely clear whether anxiety triggers heart disease or vice versa, says Dr. Celano. But chronic anxiety can change the body's stress response, the combination of hormonal and physiological reactions that helps all animals fight or flee from danger. People with anxiety disorders have inappropriate ups and downs that can cause high blood pressure and heart rhythm disturbances. Platelets may become "stickier," making the blood more likely to clot, increasing the odds for a heart attack.

Results: Anxiety provoking situations create inflammation capable of causing heart disease of any kind since adrenaline, the hormone secreted in a moment of stress, is capable of destroying the heart. An individual's reaction to acute stress depends on the particular characteristics of his personality. The risk of stress is just as significant as hypertension, obesity and other factors regarding the development of cardiovascular diseases. Panic disorders cause heart problems and phobic disorders contribute to cardiac arrhythmias. Chronic stress also increases people's susceptibility to heart diseases. Additionally, traumatic stress that men sometimes experience in the military

can lead to heart disease. After all, personality type A, and especially hostility, is an important risk factor for developing heart disease. Moreover, the type D personality is related to heart disease. These individuals are pessimistic, anxious and isolated, avoiding social contact. It is also noted that treating anxiety disorders could reduce the risk of developing heart diseases. A panic attack is an intense rush of fear or anxiety that can feel just like a heart attack, with chest pain, shortness of breath, sweating, nausea, lightheadedness, and a racing or pounding heart. These frightening episodes propel many people to seek emergency care, where careful testing uncovers no evidence of a heart problem.

Conclusion: Anxiety disorders predict a future onset of heart disease while anxious people are more at risk for developing coronary heart diseases. One common form, generalized anxiety disorder, is characterized by at least six months of excessive worrying or feeling anxious about several unrelated events or activities almost every day (see "Do you have generalized anxiety disorder?"). About 5% of adults in the general population meet the criteria for generalized anxiety disorder. But the incidence is higher among people diagnosed with coronary artery disease (11%) or with heart failure (13%).

Less common but perhaps even more distressing is panic disorder, which is marked by bouts of intense anxiety, known as panic attacks. They may even cause chest pain or palpitations that are so severe you think you're having a heart attack (see "When anxiety symptoms masquerade as a heart attack").