



The Center For Preventive Medicine Newsletter

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The Economy Can Be Hard On Your Heart

Every day it seems we are struggling to digest more bad economic news. Soaring gas and food prices. Record home foreclosure filings. Retirement and college savings crumbling. And, a \$700 billion bailout for the financial industry.

And, times like these often leave us depressed and stressed. In fact, Dr. Akram Khan with The Center for Preventive Medicine® North Texas says he's seen the number of heart attacks escalate in recent weeks and believes the spike is directly associated with the failing economy.

According to Dr. Khan, unlike many other forms of stress - such as a presentation at work or a visit from the in-laws - financial stress doesn't go away quickly, and the worry and anxiety it creates can have a negative impact on health.

A recent study by the American Psychological Association indicates that money is a leading source of stress for Americans. And, debt-related stress is 14% higher today than four years ago.

Studies have long concluded that stress doubles the risk for heart disease. Stress hormones constrict blood vessels, speed up the heartbeat, and make the heart and blood vessels especially reactive to further stress.

Dr. Khan suggests that if you're feeling undo anxiety that you make an appointment.

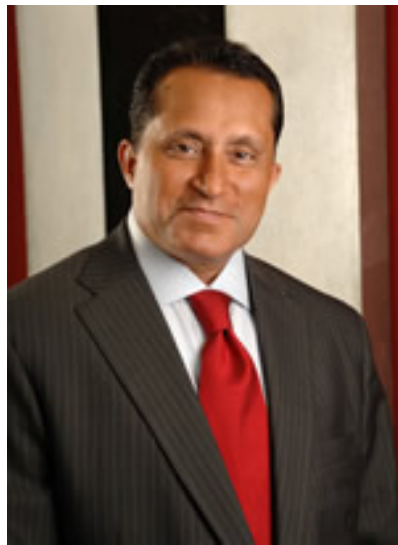
The problem of stress and the economy was the subject of a story on WFAA. Jeff Brady came to The Center a couple of weeks ago to bring the report to North Texans. You can watch the video below.

Dr. Akram Khan has been practicing cardiovascular medicine in McKinney since 1997 and recently opened The Center for Preventive Medicine® North Texas in McKinney. For information, visit www.moregoodyears.com or contact Dr. Khan at arhum2000@hotmail.com.



Watch the Video

[Click here to watch Dr. Khan on WFAA](#)



Sincerely,

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