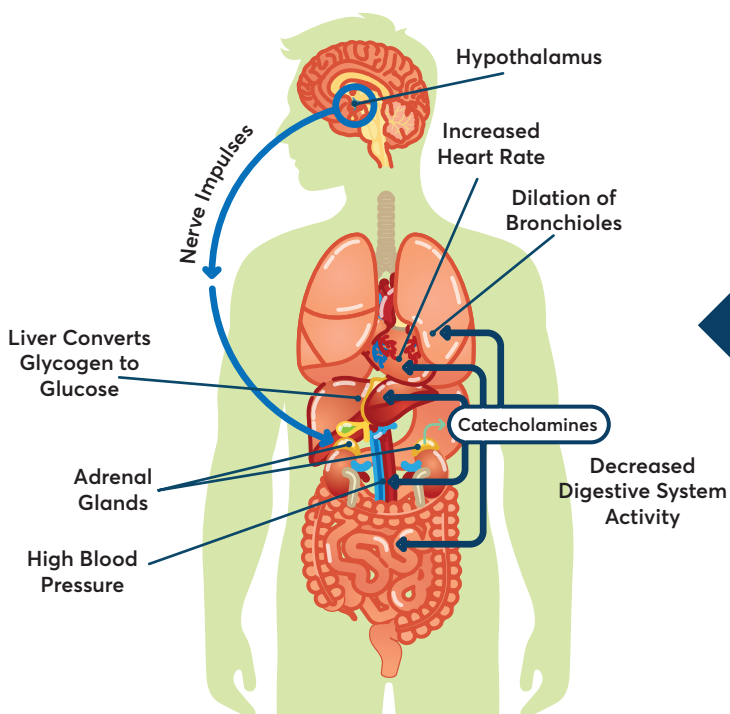# The Impact of Stress on Your Health

STRESS LEVEL

MIN ⎯ MAX

What is stress?

Stress is the body's response to any demand for change. It can be caused by both positive and negative life events, such as starting a new job, getting married, having a baby, or experiencing the death of a loved one.

STRESS RESPONSE SYSTEM

- Hypothalamus
- Increased Heart Rate
- Dilation of Bronchioles
- Nerve Impulses
- Liver Converts Glycogen to Glucose
- Catecholamines
- Adrenal Glands
- Decreased Digestive System Activity
- High Blood Pressure

How does stress affect the body?

Chronic stress can lead to a host of health problems, including high blood pressure, heart disease, obesity, and diabetes. It can also weaken the immune system, making it more difficult for the body to fight off infections.

Why is it important to get tested for Stress?

One way to identify stress hormones in the body is through blood testing., which can then be used to develop a treatment plan to reduce stress levels. This can help to improve overall health and well-being.
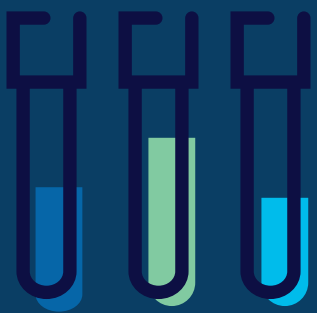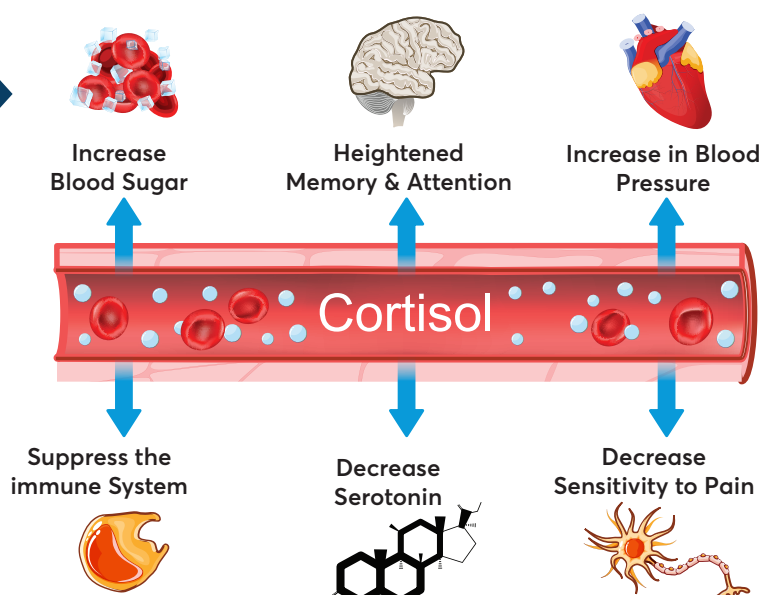
There are a few different blood tests that can be used to measure stress. The most common is the cortisol test, which measures the level of the stress hormone in your blood. Other tests include the adrenocorticotropic hormone (ACTH) test and the DHEA-Sulfate (DHEA-S) test.

If you are experiencing stress, your doctor may order one or more of these tests to find out if your stress levels are high.

What is Cortisol?

Cortisol is a hormone that is released in response to stress. It helps the body to cope with stressful situations by increasing heart rate and blood pressure. ACTH is a hormone that stimulates the release of cortisol. DHEA-S is a hormone that is involved in the stress response. It helps to regulate cortisol levels.

Increase Blood Sugar

Heightened Memory & Attention

Increase in Blood Pressure

Cortisol

Suppress the immune System

Decrease Serotonin

Decrease Sensitivity to Pain

Get Answers Today

Stress can put a serious strain on your health. If your stress levels are high, visit your physician to get answers today.

HNL Lab Medicine