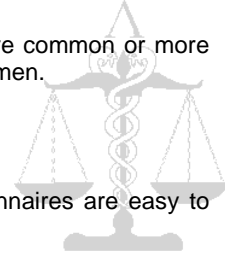


*CKNordstrom et al. Epidemiology March (2001) Vol. 12 #2 p.180.*

A prospective study of a link between work-related stress and Atherosclerosis.

Four Hundred and seventy six employees were screened for signs of atherosclerosis in a longitudinal study over 18 months. Work-stress was "measured" with the usual form of questions about work and no attempt to balance positive and negative influences or non-work factors. Employees were aged between 40 and 60.

The authors claim that raised lesions in the left and right carotid arteries were more common or more pronounced in the higher stress groups after 18 months. The effect was confined to men.



### **Comment**

Atherosclerosis is a major cause of death and morbidity. Study tools and questionnaires are easy to administer, therefore expect many more studies along similar lines.

It may be doubtful that 18 months is a significant period for the pathogenesis of atherosclerosis, which is believed to begin in early childhood and to become a serious concern by the age of 40 to 60.

Better studies would include a longer period of exposure, more rational measures of work stress and more complete correction for known confounding factors.