

EAPnews

Employee Assistance Program

First Quarter 2008

Work-Related Stress Linked to Heart Disease



Results of a British study released in January 2008 provide the strongest evidence yet of how on-the-job stress raises the risk of heart disease by disrupting the body's internal systems.

Heart disease is the world's leading cause of death. It is caused by fatty deposits that harden and block arteries, high blood pressure which damages vessels, and other factors.

In seven surveys over twelve years, researchers asked a group of more than 10,000 subjects several questions about their job demands such as how much control they had at work, how often they took breaks, and how pressed for time they were during the day.

Chronically stressed workers – people identified to be under severe stress in the first two of the seven surveys – **had a 68 percent higher risk of developing heart disease.**



Stressed workers had weaker hearts and higher-than-normal levels of cortisol, a "stress" hormone that provides a burst of energy for a fight-or-flight repose. Too much cortisol circulating in the bloodstream can damage blood vessels and the heart.

Behavior and biological changes also may explain why stress at work causes heart disease. Stressed workers eat unhealthy food, smoke, drink and skip exercise – all behaviors linked to heart disease.

SOURCE: Reuters Newswire article, "Work-related stress can kill, study finds"; written by Michael Kahn, 1/22/08. Article distributed as part of the *Mental Health America e-news* for the week of 1/28/08.

Did you know?



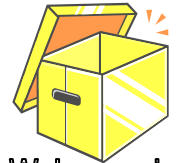
Did you know WellSpan EAP is a great resource for providing on-site lunch-and-learn style educational training on various health & wellness topics? If your organization is looking for qualified facilitators with

experience providing employee training on topics such as stress management, weight management, nutrition and exercise, smoking cessation, achieving a healthy balance and more, please contact WellSpan EAP 1-866-227-6527.

"The more you sweat, the luckier you get." ~Ray Kroc

New Addresses - Gettysburg & Shrewsbury EAP

The WellSpan EAP office in Gettysburg, PA has already moved, and our Shrewsbury, PA office will be relocating in March 2008. Our new addresses:



WellSpan EAP Gettysburg*

40 V-Twin Drive
Gettysburg, PA 17350
New Phone: (717) 339-2710

* Please note the Gettysburg phone number has changed.

The previous phone number will roll-over and connect to the new office location until July 2008.

WellSpan EAP Shrewsbury** - effective 3/14/08

781 Far Hills Drive
Suite 600
New Freedom, PA 17349
Phone: (717) 812-2560

** The Shrewsbury office phone number has not changed.

To request updated EAP brochures for distribution, please contact WellSpan EAP Client Services, 1-866-227-6527.

Great Turnout for EAP Breakfast

Our thanks to everyone who attended our January breakfast focused on employee wellness programs. Debbra Bartman, Nurse and Health Coach for *Well Advised* worksite wellness services, provided a great presentation. A few points to highlight:

- By providing employees with educational opportunities and resources that promote healthy lifestyle choices, employers can positively influence individual behaviors that drive healthcare spending such as tobacco use, poor diet, inactivity, stress management and improper disease management.
- Over time, effective wellness programs can translate into healthier employees and improved productivity.

Our next quarterly EAP breakfast is scheduled for:

Thursday, April 10, 2008

8:00 – 9:30am

Hanover Country Club (Abbottstown, PA)

Look for more information on our next event very soon in your e-mail. For questions, call 1-866-227-6527.

