

# Cardiopatie da fattori stressogeni

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## KEY WORDS

Stress; cardiovascular diseases; job strain

## SUMMARY

**«Heart disease due to stress factors».** **Background:** *There is wide consensus on the association between work stress and cardiovascular disease, ischaemic heart disease and hypertension in particular, both from the clinical and epidemiological point of view.* **Objectives:** *The aim of this article was to review the most recent data on these topics found in the international literature on occupational health and cardiology.* **Methods:** *A literature review was performed.* **Results and Conclusion:** *The relationship between stress and cardiovascular diseases is mediated by several direct and indirect mechanisms and is related not only to high cognitive and emotional stress but especially to poor coping strategies, which are strongly influenced by lack of control over working conditions and lack of social support. This entails high costs both for the individual and society, not only in terms of workers' health and well-being, but also as regards work ability and performance efficiency, with negative consequences on production and services. Some working activities, where public health is also at stake (such as train, bus and lorry drivers, air pilots and traffic controllers), deserve special attention, due to the well-documented prevalence of job-related cardiovascular disease.*