

## 職務ストレスが心疾患リスクを上昇させる (Abstract # 18520)

職務ストレスが高い女性は心血管疾患リスクが40%高い

Women with high job strain have 40 percent increased risk of cardiovascular disease

職務ストレスが高いと訴える女性は、職務ストレスの少ない女性と比較し、心筋梗塞(MI)や血行再建術を受けるなどの心血管疾患リスクが40%高い、と2010年American Heart Association学会で発表された。さらに、仕事の不安定さ—仕事を失う恐れ—は高血圧、高脂血症や過剰体重などの心血管疾患リスクファクターと関連があったが、MI、脳卒中、侵襲的な循環器系の処置または心血管死とは直接的な関連はなかった。ランダム研究であるWomen's Health Studyに参加した健康女性17,415人の職務ストレスを解析した。この女性たちは平均年齢57歳で主に白人の医療従事者であり、心疾患リスクファクター、職務ストレスおよび仕事の不安定さに関する情報を提供した。彼女らは10年間以上、心血管疾患の発症に関して追跡調査された。職務ストレスが高いと報告した女性はMI、虚血性脳卒中、冠動脈バイパス術またはカテーテルによる血管形成術および死亡リスクが40%高かった。MIリスクは約88%高く、一方バイパス術または侵襲的な処置を受けるリスクは43%高かった。過去に男性に対し行った職務ストレスに関する調査でも同様の結果が得られている。

### Full Text

Women who report having high job strain have a 40 percent increased risk of cardiovascular disease, including myocardial infarctions and the need for revascularization procedures, compared to those with low job strain, according to research presented at the American Heart Association's Scientific Sessions 2010.

In addition, job insecurity - fear of losing one's job - was associated with risk factors for cardiovascular disease such as high blood pressure, increased cholesterol and excess body weight. However, it's not directly associated with heart attacks, stroke, invasive heart procedures or cardiovascular death, researchers said.

Job strain, a form of psychological stress, is defined as having a demanding job, but little to no decision-making authority or opportunities to use one's creative or individual skills.

"Our study indicates that there are both immediate and long-term clinically documented cardiovascular health effects of job strain in women," said Michelle A. Albert, M.D., M.P.H., the study's senior author and associate physician at Brigham and Women's Hospital, Boston, Mass. "Your job can positively and negatively affect health, making it important to pay attention to the stresses of your job as part of your total health package."

Researchers analyzed job strain in 17,415 healthy women who participated in the landmark Women's Health Study. The women were primarily Caucasian health professionals, average age 57 who provided information about heart disease risk factors, job strain and job insecurity. They were followed for more than 10 years to track the development of cardiovascular disease. Researchers used a standard questionnaire to evaluate job strain and job insecurity with statements such as: "My job requires working very fast." "My job requires working very hard." "I am free from competing demands that others make."

The 40 percent higher risks for women who reported high job strain included heart attacks, ischemic strokes, coronary artery bypass surgery or balloon angioplasty and death. The increased risk of heart attack was about 88 percent, while the risk of bypass surgery or invasive procedure was about 43 percent.

"Women in jobs characterized by high demands and low control, as well as jobs with high demands but a high sense of control are at higher risk for heart disease long term," said Natalie Slopen, Sc.D., lead researcher and a postdoctoral research fellow at Harvard University Center on the Developing Child in Boston.

Previous research on the effects of job strain has focused on men and had a more restricted set of cardiovascular conditions. "From a public health perspective, it's crucial for employers, potential patients, as well as government and hospitals entities to monitor perceived employee job strain and initiate programs to alleviate job strain and perhaps positively impact prevention of heart disease," Albert said.

Co-authors are Robert G. Glynn, Ph.D., and Julie Buring, Sc.D. Author disclosures are on the abstract. The National Institutes of Health funded the Women's Health Study.

## Cardiology特集

AHA2010 (第83回米国心臓病協会)

### トピックス一覧

[News01]

職務ストレスが心疾患リスクを上昇させる

[News02]

アルコール摂取量はバイパス術後の心臓に関する問題と関連がある

[News03]

キサントーマにより心血管疾患が予測される

[News04]

10代での塩分摂取量を少なくすることにより成人期の心臓の健康状態が改善する可能性がある

[News05]

軽度心不全においてアルドステロン拮抗薬は多大な有益性を示した

[News06]

魚油は心房細動再発を軽減しなかった

[News07]

新たな心ポンプが目標を達成した

[News08]

心臓再同期療法は軽度心不全患者において有用である

[News09]

Nesintideは安全だが有益性は乏しいことが示された

[News10]

バイオマーカーにより心不全および死亡リスクが予測できる

[News11]

新薬はHDLを有意に上昇させLDLをほぼ半分に低下させる

[News12]

CRPスクリーニングは従来の心臓リスク評価を改善しない

[News13]

糖尿病患者に対する薬物療法と迅速な血行再建術の併用は有益である

[News14]

腎除神経療法による高血圧治療

[News15]

家族性心房細動

[News16]

重篤な下肢虚血に関するトライアルで遺伝子治療は不成功に終わった