

Major Medical Problem of the Century (Stress)

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Introduction

Stress is a normal physical reaction to actions that make you feel vulnerable or disturb your balance in some way. When you sense danger – whether it's real or imagined, then your body will start to release chemicals which are known as the fight or flight chemicals and the first part of the body which will be affected by these chemicals is the brain. Then the nervous signals will transfer through the reticular activating system to the hypothalamus and thalamus, this will cause the release of the stressor signal which will lead to activation of the two major stress pathways: the autonomic nervous system and the endocrine system. As a result of the stimulation of the autonomic nervous system this will affect on the heart rate (accelerating heart rate), respiratory tract (dilation of bronchial tubes), body fluid regulation and increases in rate of metabolism. Moreover this will lead to activation for the pituitary gland which will release cortisol which will lead to elevation of the blood glucose levels. Besides that many other medical problems will also take place as a result of the stress.

Main Causes of Stress

There are too many factors that cause stress; these factors called are as stressors. These factors may divide into three branches the first

one is the personal factors (fear, uncertainty and cognitive dissonance) and the second one is the life factors (death, health, crime, argument, environment change and lack of money). While the third branch is the work factors (the relationship with colleagues, the support from superiors, working long hours and uncomfortable workplace).

How do you respond to Stress?

Since the stress affects the mind, body and behavior in several ways, the signs and symptoms that are associated with stress can be almost anything and everyone experience stress differently. Therefore it is very important matter for everyone to be aware of when stress level is out of control. Because the most critical thing that characterizes stress is how easy it sneaks into you, so by the time you will be used to it and you feel it normal. After that you cannot notice how much it's affect on your body and life.

Conclusion

Therefore it is a very important point for the open access journals to encourage researchers and clinicians to work hard in order to detect and diagnose the types of diseases that are directly associated and correlated with stress; because by this way it will become much more easier for the community to be aware of its main side effects.

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