

## Are your heart, health, and job interlinked?

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According to a new research conducted by the US National Institute for Occupational Safety and Health, people in certain job profiles are at a higher risk of suffering from heart attacks and strokes than others.

In a study published in the Morbidity and Mortality Weekly Report, researchers indicated that people who work in the service industry or have a blue-collar job are more prone to heart attacks and strokes.

Lead researcher, Dr Sara Luckhaupt explained, "Workplace factors that increase risk include job stress, exposure to air pollution like dust, smoke and noise."

People working in a few select sectors like administrative, support, waste management, remediation services, accommodation and food services, live science reporting suffered the most attacks, closely followed by people working in the wholesale trade.

Figures indicate that already, 2.9 percent of people engaged in wholesale trade in the US have suffered heart attacks and strokes. The findings also revealed that people working in finance and insurance had the lowest risk of heart ailments.

Researchers also highlighted that job insecurity was the common cause of stress leading to cardiovascular problems.

Dr Gregg Foofaraw, a professor of cardiology at the University of California, Los Angeles, said, "As heart disease and stroke remain the leading causes of death in men and women across the globe, prevention strategies and workplace health programs are essential."

He added that employers must take proactive measures to promote health and wellness among its staff and utilize effective

interventions to prevent heart attacks and strokes.