

Study ties unfair thoughts to heart health

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A study headed up by a London epidemiologist has found that thoughts of unfair treatment can directly lead to a greater risk of coronary problems.

The Los Angeles Times said the report published Tuesday in the "Journal of Epidemiology and Community Health" found that increased thoughts of unfair treatment from others can lead to chest pain and heart attacks.

"Frequent experiences of unfair treatment can produce psychological distress that, in the long term, may influence health," University College London researcher Roberto De Vogli said.

Those who participated in the study did so for an average of 10.9 years and those who said they felt victimized by unfair treatment experienced a 28 percent increase in the rate of cardiac events.

Harvard School of Public Health professor Nancy Krieger said the study's findings are likely due to such individuals' means of coping with such thoughts.

The Times said that among those coping methods were drinking, overeating and smoking cigarettes.

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