

Stressful life events may up CHD risk in type 2 diabetes

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(HealthDay)—Higher levels of stressful life events are associated with a

higher risk for coronary heart disease (CHD) among postmenopausal women with type 2 diabetes, according to a study published online June 4 in *Diabetes Care*.

Junmei Miao Jonasson, Ph.D., from University of Gothenburg in Sweden, and colleagues used data from the Women's Health Initiative to identify 5,262 postmenopausal women with type 2 diabetes at baseline. Associations between [social support](#), social network size, social strain, or stressful life events and risk for CHD were assessed.

The researchers found that during 12.79 years of follow-up, there were 672 cases of CHD. There was a significant linear trend toward a higher risk for CHD with an increasing number of stressful life events (hazard ratio for the third versus the first quartile, 1.27; hazard ratio for the fourth versus the first quartile, 1.30). There was a decreased risk for CHD among women who were married or in an intimate relationship (hazard ratio, 0.82).

"Among [postmenopausal women](#) with type 2 diabetes, higher levels of stressful life events were associated with higher risk of CHD," the authors write. "Experience of [stressful life events](#) might be considered as a risk factor for CHD among women with type 2 diabetes."

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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