

EVIDENCE 5- Conversation with Dr. Zeiders

Rakesh Hello Dr. Zeiders, thank you for taking the time to meet with me

Dr. Zeiders Oh, you are welcome. I am happy to chat with you about my lab's research.

Rakesh I am really interested in learning more about the work you are doing. In particular, I want to understand the link between stress, cortisol, and clogged arteries.

Dr. Zeiders My lab has been doing research in this area for a while. We are obviously not the only scientists working on this, there are many labs all over the world who are trying to figure this out. Stress is a huge problem in the U.S. and many other countries in the world.

Rakesh Yes, I am sure it is. Most of the people I know are struggling to balance work and family needs. It can be really stressful sometimes. In fact, more often than I would like to admit.

Dr. Zeiders I hear you. Stress is very common. It is also linked to many health issues like diabetes, high blood pressure, and heart disease.

Rakesh Heart disease is what is worrying me!

Dr. Zeiders So, we have research evidence showing that long term stress can cause the formation of cholesterol plaques in blood vessels. Especially blood vessels that feed the muscles in our heart. If those plaques get really big they can break open and block the flow of blood to the heart. This can often lead to a heart attack.

Rakesh And I know heart disease and heart attacks are the leading cause of death in the U.S.

Dr. Zeiders Right. Worldwide, actually. Now cortisol....

All of a sudden Dr. Zeiders's video cut out and her voice was jumbled. He could barely make sense of what she was saying. Clearly her internet connection was bad.

Rakesh texted her in chat, "I can't see you anymore, or hear you well".

She responded, "Yes, my internet connection has been acting up all day. I am sorry. I don't think we will be able to continue our conversation like this. However, I just found a great news report about cortisol and plaque. It was written by colleagues of mine in Australia. I will attach it in the chat."

Rakesh saw a file appear in the chat, he downloaded it just as Dr. Zeiders internet shut down completely and the zoom call ended abruptly.

He clicked on the report: "***The Missing Link: Cholesterol, Cortisol, and Clogged Arteries***".

Read the report in your folder.