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There is no doubting the death of a partner but now scientists say it could actually break your heart. have a significantly higher risk of developing an irregular heart beat. of developing an irregular heartbeat. That figure is even higher was sudden or unexpected. And those under 60 are twice as if they suffer a loss. from the National Heart and Lung Institute. It affects the mind as well as the body. Let's start with the body. This is something you already suspected in people. It has been seen in a number of other conditions where sudden

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stress and particularly bereavement has exacerbated sudden death. You are 19 times more likely to die the day after your partner dies. Another interesting condition is very strongly associated with this bereavement or strong stresses like that. This study almost confirms them. This is a very common condition. That also has been affected by this bereavement and shock bereavement is very stressing. It is not shock bereavement is very stressing. It shock bereavement is very interesting. It is emotional in loss, it is also psychological enormous. When we are in love we release feelgood hormones. When our heart is broken, we release cortisol

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which is a high level of stress. It gives us tension, muscle pain, it can contribute to a broken heart or at least a sensation that your heart is painful. What you make of this idea that it is more dangerous in the under 60s? I can understand that. I think particularly in the under 60s when it is a sudden shock, that is part of the problem. There is something we go into which is called psychological shock, trauma. When your body is flooded with cortisol, it becomes dangerous when you are not at an age where it would be considered to be dangerous. Are they slightly more aware of time passing them by, the over 60s? It is difficult to say because people over 60 are more likely to have

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underlying heart disease which would have the opposite effect, you would think. I think one of the things the study shows is the unexpectedness of the death that particularly causes this very extreme stress and things like adrenaline flooding your body. I think that is probably what it comes from in the under 60s. Thank you very much. comes from in the under 60s. Thank famous for its bespoke suits. Now, nestled among the big names a small shop is making history. Kathryn Sargent has become in its 214-year history - she's no stranger to fitting out famous customers. Traditionally the tailoring world was a man's world. Savile Row in London's Mayfair, famous for the finest suits, Kathryn Sargent has cut through the rest -