**BBC 2 Radio**

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the that the survey today and I'm not hesitate to say is just another worry you but it does suggest Mike that hypochondriacs do suffer their health actually suffers a because of their worries about their health which is almost the worst possible news I've think they are wrong Jeremy the very good times roll it up into a very brief columns and the very last sentence in this is the important

one the team that is to say the research team emphasised that their study could not prove that anxiety caused disease and I'll tell you why all the detailed studies from the days when the recent case we've been able to separate fact from fancy you go into it in detail in a way that it beyond all reasonable doubt you show something now if you have other conditions in you're heavily overweight you got a raise blood that's you've already got something wrong with the heart like pre diabetic syndrome something like this stress then the worried then we can actually have an effect but it's it's a stress on its sale has all the people that spend their whole lives going into research like this have told me over the decades stress on its own does not cause heart disease those stressed dozen to compromise you're immune system and cause you have cancer are certainly not if you got all these conditions stressed does not help because Could be the last straw every

that response to flight and fight which when Barnsley reasons why you cannot fight or flight then it can be harmful but if you haven't got those things you're fit every other way then stress alone cannot be shown at the same say they have cut themselves perfectly because the team emphasised that this study could not prove that anxiety cause heart disease are right thank you Dr Mike Smith and unjust I hope that's that's been OK