**BBC 2 Radio**

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* [BBC 2 Radio](https://scout.tveyes.com/) /

* [U.K. National Radio](https://scout.tveyes.com/)

Yes you can worry yourself to death hype Can't react have more heart disease people who fret about their health really are at risk of worry themselves sick of the worried well those who need it

the agonized about the health more than twice as likely to develop heart problems later in life is at the highest levels of health anxiety with most at risk of a potentially fatal heart attack or angina to study more than 7000 people had 16 inches long Britain's biggest ever earthworm every