

[IMAGE]

## Could Your Job Cause Diabetes?

By Editorial Staff

Stress – and your inability to cope with it – is never a good thing. Neither is type 2 diabetes, and recent research suggests the two may be associated. In fact, workers who experience high levels of stress are 57 percent more likely to develop diabetes, according to a study published in the journal *Diabetes Care*, which also found a significant increased risk of diabetes (68 percent higher) among workers who experienced declining outlets / coping mechanisms for their stress (social support, time for nonwork activities, etc.). According to the study, the biggest contributors to stress were feeling overloaded at work, unclear about expectations / responsibilities, and physical exertion.

help - Copyright â Stock Photo / Register Mark So, why would stress potentially lead to diabetes? Simple: Poor sleep quality, poor diet, inadequate physical activity and negative psychological health (depression, etc.) all elevate the risk of type 2 diabetes, suggests research, and as you might imagine, one or more (or all) tend to rear their ugly heads when we're under too much stress.

Your doctor can talk more about the health impact of stress, particularly chronic stress, and what you can do to minimize stress in the workplace, at home and every aspect of your life.

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