

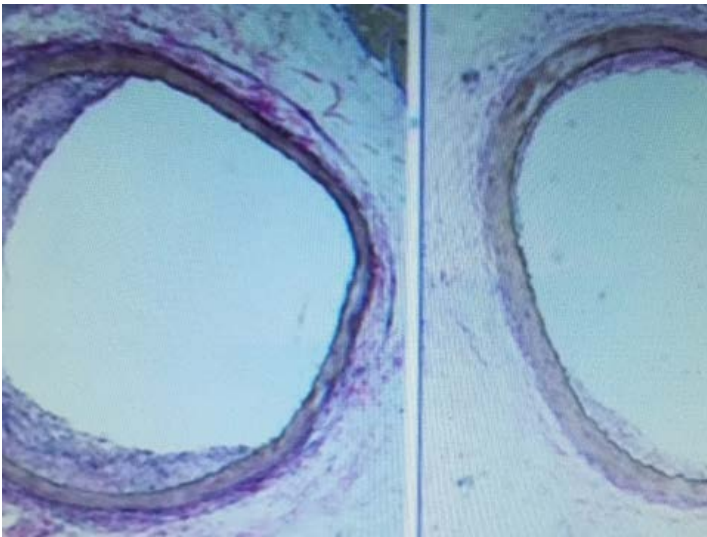
Mental Wellness Task Force Lunch and Learn Series

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The Effects of stress on blood vessels of the heart and on brain cells

The picture below are the coronary blood vessels of 2 monkeys raised in the **same pen and fed the same diet**. They could eat all the food they wanted. The blood vessel on the left is from a low ranking monkey who was under a lot of stress. There is considerable atherosclerosis. The picture on the right is from a dominant monkey who was under little stress. There is little atherosclerosis. The important point is that they were in the same living conditions and ate the same food. Think about the arteries in your heart. Do you want them to look like the arteries on the left?



The picture below is of brain neurons of 2 rats. The picture on the left is a rat that was NOT stressed. The picture on the right is from a rat that experienced stress. Note the difference in projections from each brain cell. You want your brain cells to look like the picture on the left. Better ability to remember and think clearly.

