

Fear of terrorism increases resting heart rates and risk of death

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A new study of over 17,000 Israelis has found that long-term exposure to the threat of terrorism can elevate people's resting heart rates and increase their risk of dying. The researchers suggest that since changes in heart rate are easy to follow, the findings may help identify asymptomatic people who could benefit from prevention measures that limit increases in cardiovascular mortality risk.

Read more <http://www.alphagalileo.org/ViewItem.aspx?ItemId=148445&CultureCode=en>