

Abstract

This bachelor's thesis examines the impact of stress on the cardiovascular system, focusing on physiological and psychological mechanisms. The aim of the thesis is to analyze current state of knowledge and summarise the view how stress hormones such as cortisol, adrenaline, and noradrenaline affect heart rate, blood pressure, and vascular tone, and how chronic activation of these systems can lead to the development of cardiovascular diseases. Endothelial dysfunction is part of the bachelor's thesis identified as the primary mechanism by which stress contributes to these diseases. The thesis also explores risk factors such as hypertension, dyslipidemia, smoking, and diabetes that contribute to endothelial dysfunction, providing a deeper understanding of the mechanisms linking stress to cardiovascular issues.

Keywords

Stress, heart, cardiovascular system