

CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	5/24/2011 6:08:27 PM
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by Darcy Steinhorst, PA-C

HEARTBREAKING MARRIAGES

Women in unhappy marriages run a greater risk of suffering cardiovascular damage than men. According to recent research, both men and women in strained unions marked by arguments and anger tend to feel depressed. However, women in unhappy marriages are more likely to develop high blood pressure; high cholesterol; high blood sugar; and other markers of "metabolic syndrome," which also elevates the risk of heart disease, stroke, and diabetes. Exactly why contentions marriages are more likely to lead women to metabolic syndrome than men isn't clear. Some say women take negativity more to heart and dwell on it more. Whatever the reason, it is clear that women should seek counseling, either alone or with their husbands, to address unhappy marriages. When symptoms of stress impact your health in addition to your functioning, it may be necessary to refer to a medical professional such as a psychiatrist or physician's assistant to see if medication may help.

Clearly, your mental health can directly affect your physical health. If you are in an unhappy marriage, you need to get help quickly. Our compassionate counselors and medical staff understand and we can provide you with a safe space and helpful techniques for dealing with the cause of your unhappiness, whether that's a strained marriage or a difficult work situation. Call 608-742-5020 to make an appointment today. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. The couples engaged in the study mentioned above have been married for an average of 27 1/2 years.

ASPEN
Family Counseling
www.aspenfamilycounseling.com