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Working night shifts or hours that deviate from humans' natural body clock may increase a person's risk for heart disease, a study presented during the European Society of Cardiology's virtual ...

Shift work-induced sleep problems may raise risk for heart health problems

Scientists compared the cardiovascular disease risk of individuals and compared it to their natural body clock. For every hour they are out of sync, cardiovascular risk increases by 31%.

Shift workers are more likely to suffer heart issues, study warns

New research offers several clues into the hidden mental and physical hazards of work stress on both gender and those who work the late shift.

Hidden Hazards Of Night Shift Work And Gender On Career Health And Advancement

Working hours that deviate from an individual's natural body clock are associated with greater cardiovascular risk, according to a new research. The research was presented at ESC Preventive Cardiology ...

Your working hours can impact your heart health: Study

Working hours that deviate from an individual's natural body clock are associated with greater cardiovascular risk, according to recent

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research.

Heart health of shift workers linked to body clock

Working hours that deviate from an individual's natural body clock are associated with greater cardiovascular risk, according to research presented at ESC Preventive Cardiology 2021, an online ...

Shift working hours out of sync with body clock linked with greater cardiovascular risk

Loading "If similar results are obtained from other studies, then it seems we need to redefine high-risk groups and develop appropriate policies and protocols to protect people in shift-work ...

Risk of catching COVID-19 almost doubles for night shift workers: research

Washington [US], March 8 (ANI): A new study conducted by researchers at Washington State University has found new clues as to why night shift workers may be at increased risk of developing certain ...

Night shift work may increase cancer risk, says study

According to the European Society of Cardiology, working during hours that are not in line with your body clock can pose a risk to your cardiovascular system.

Working out of sync with body clock can risk heart health, study shows

As companies return to offices, many in a new hybrid employment model, a Harvard Business School work from home expert offers words of advice and caution.

Biggest risks in return to offices: Harvard remote work guru

The effect of the pandemic has set women back significantly--in the present and in the future. The toll is tremendous but there are pragmatic solutions to consider.

Women And The Pandemic: Serious Damage To Work, Health And Home Demands Response

The study specifically suggests that the effects of job strain and social strain – the negative aspect of social relationships – on women is a powerful one-two punch. Together they are associated with ...

Stress from Work and Social Interactions Put Women at Higher Risk of Coronary Heart Disease, Drexel Study Suggests

Californians who swapped mind-numbing traffic for "commutes" to a home office don't want to go back to their old daily grind.

Work from home forever? After COVID, Californians want to ditch daily commutes, survey says

Previously unreported documents obtained by The Crimson reveal how concerns over the governance, performance, and leadership of Harvard's storied Institute of Politics have come to a head in recent ...

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Arizona study examines health risks faced by female firefighters
As many Johnson & Johnson vaccine appointments shift to doses of the Pfizer or Moderna vaccines in wake of a recommended pause in Illinois and Chicago, what can those who were once anticipating the ...

Pfizer vs. Moderna Vaccines: Side Effects, Efficacy and More
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