

Study: Hostile Spousal Conflicts Can Cause More Than Just Stress

Researchers link animosity in couples to inflammation, bacteria in bloodstream

The Ohio State University Wexner Medical Center

Produced by: MediaSource www.mediasourcetv.com	To download broadcast-quality video and other multimedia elements: http://bit.ly/2H2yIDy
Package Length: 1:37	Content provided by: The Ohio State University Wexner Medical Center

NEWS PACKAGE


SUGGESTED TEASE	ASK ANY MARRIED COUPLE AND THEY'LL PROBABLY TELL YOU THAT FIGHTS WITH YOUR SPOUSE ARE PART OF LIFE. BUT THOSE FIGHTS COULD LEAD TO MAJOR MEDICAL ISSUES. DETAILS NEXT IN HEALTH NEWS.
ANCHOR LEAD	NEW RESEARCH SUGGESTS THAT STRESS CAN INFLAME THE LINING OF YOUR GUT, ALLOWING HARMFUL BACTERIA TO LEAK INTO YOUR BLOODSTREAM. THIS 'LEAKY GUT' HAS BEEN LINKED TO A MYRIAD OF HEALTH ISSUES FROM HEART DISEASE TO DEPRESSION, AND IT CAN STEM FROM A SURPRISING SOURCE - YOUR MARRIAGE. DORIAN CRAFT HAS THE DETAILS.
(PACKAGE START) ----- CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of Katelyn on couch with family	(Nats - Sound) :02
CG: Katelyn Capparuccini Wife Shots of Katelyn on couch with family Shots of Kiecolt-Glaser and Bailey looking over research Shot of couple and moderator	FIGHTING WITH YOUR SPOUSE MIGHT LEAD YOU TO FEEL 'SICK' OVER SOMETHING YOU SAID. BUT FOR KATELYN CAPPARUCCINI (cap-er-SEE-nee), ARGUING WITH HER HUSBAND TOOK AN ACTUAL PHYSICAL TOLL. :08 <i>"I dealt with a thing where I just never felt well."</i> :05
CG: Janice Kiecolt-Glaser, PhD Ohio State Wexner Medical Center	STRESS CAN CHANGE MORE THAN JUST YOUR MOOD - IT CAN ACTUALLY HAVE A NEGATIVE IMPACT ON YOUR HEALTH. BUT TO FIND OUT JUST <i>HOW MUCH</i> OF A PHYSICAL EFFECT THESE EMOTIONAL CONFRONTATIONS CAN HAVE, EXPERTS PUT MARRIED COUPLES TO THE TEST. :11 <i>"What we're looking at in the couples is the way they resolve a disagreement. Everybody's asked to disagree so we're not saying arguing is bad, it's the way people handle the argument."</i> :09 JANICE KIECOLT-GLASER AND MICHAEL BAILEY,

Producers and Reporters: To download scripts, video and photos go to:


<http://www.multimedianeewsroom.tv>

<p>Shots of Kiecolt-Glaser and Bailey in lab</p> <p>Shots of mediator talking to couple</p> <p>Shots of married couple having a disagreement</p> <p>Janice Kiecolt-Glaser, PhD (CG'd earlier)</p> <p>Shots of Kiecolt-Glaser and Bailey in lab</p> <p>Leaky Gut graphic</p> <p>Michael Bailey, PhD Ohio State Wexner Medical Center</p> <p>Shots of Katelyn and husband playing with kids</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>RESEARCHERS AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER LED THE STUDY. :05 / :38</p> <p>(Nats of moderator: "Take the next 20 minutes and try to reach a resolution on this." :05</p> <p>THEY ASKED MARRIED COUPLES TO TRY TO RESOLVE A CONTENTIOUS DISAGREEMENT, TESTING THEIR BLOOD BEFORE AND AFTER THE ARGUMENT. AS THEIR HOSTILITY INCREASED, SO DID THE INFLAMMATION IN THEIR GUTS. :10 / :53</p> <p><i>"We also see an increase in inflammation in these couples both, higher levels of inflammation in dissatisfied couples, and higher levels after their trying to resolve a disagreement."</i> :08</p> <p>PARTICULARLY HOSTILE SPATS ALSO LED TO HIGHER LEVELS OF A BIOMARKER THAT INDICATED BACTERIA IN THE BLOOD.</p> <p>THIS IS THOUGHT TO BE CAUSED BY LEAKY GUT, A LITTLE-KNOWN CONDITION THAT WEAKENS THE LINING OF THE INTESTINES, ALLOWING BACTERIA TO ENTER THE BLOODSTREAM AND AFFECTING EVERYTHING FROM YOUR MENTAL HEALTH TO YOUR IMMUNE SYSTEM. :14</p> <p><i>"Metabolic disorders, things like obesity and diabetes may also be associated with increased gut barrier permeability."</i> :07</p> <p>WHICH IS WHY KATELYN AND HER HUSBAND WORK TO ALWAYS TRY AND RESOLVE THEIR DIFFERENCES.</p> <p>AT OHIO STATE WEXNER MEDICAL CENTER, DORIAN CRAFT REPORTING. :09</p> <hr/> <p>EXPERTS SAY INFLAMMATION ASSOCIATED WITH A LEAKY GUT INCREASES WITH AGE, AND THAT STAYING IN A TUMULTUOUS RELATIONSHIP FOR SEVERAL YEARS CAN TAKE A SERIOUS TOLL ON YOUR HEALTH.</p> <p>THEY ALSO RECOMMEND EATING A HEALTHY DIET AND GETTING REGULAR EXERCISE AND ENOUGH SLEEP.</p>
--	---

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p>	<p>'Leaky Gut' is a little-known condition, but has been linked to health issues from heart disease to depression. New</p>
--	--

Producers and Reporters: To download scripts, video and photos go to:
<http://www.multimedianeewsroom.tv>

<p> Suggested post:</p>	<p>research from @OSUWexMed says it can stem from a surprising source - your marriage. http://bit.ly/2H2yIDy</p> <hr/> <p>Continually fighting with your spouse can add lots of stress to your life. But did you know it can also have serious side effects? New research from The Ohio State University Wexner Medical Center takes a look how your marriage could be negatively impacting your overall health. http://bit.ly/2H2yIDy</p>
---	---

EXTRA BITES

<p>CG: Michael Bailey, PhD Ohio State Wexner Medical Center</p>	<p>Bailey talks about the purpose of the study: <i>“The goal, basically, was to try to understand whether factors in the gastrointestinal tract may be influenced during stressful situations, such as these marital conflicts. And then, try to determine whether these factors in the gut are associated with differences in immune system activity that ultimately, could lead to differences in overall health.”</i></p> <p>Bailey talks about the overall impact of leaky gut: <i>“Ultimately, it’s anything that’s in the gut that’s going to influence our health, is going to end up in the blood first and circulate through the blood and make its way to individual organs. So, we are very interested in what’s happening in the gut as well, but really, it’s the effects or these factors that are going to wind up in the blood that ultimately are directly linked to health.”</i></p> <hr/> <p>Kiecolt-Glaser says the study differs from previous research: <i>“This is kind of everybody’s chronic everyday stress, potentially. And so it gives us a much broader view and important snapshot on something we hadn’t seen before.”</i></p> <p>Kiecolt-Glaser says bad marriages cause health problems: <i>“We know that there are a lot of health consequences associated with bad marriages. People haven’t studied leaky gut in general, but they have shown that there is a higher incidence of cardiovascular disease, a greater risk for diabetes and poor diabetic control, a whole variety of things.”</i></p> <hr/> <p>Katelyn talks about the stress in their marriage: <i>“A lot of the strains we have in our marriage usually comes from lack of communication, not understanding what the other person is trying to get across and jumping to conclusions going from zero to a hundred very quickly. We’re both very similar in that aspect.”</i></p> <p>Katelyn talks about the long-term effects of stress: <i>“If you let stress build up on you and you let it really, really</i></p>
<p>CG: Janice Kiecolt-Glaser, PhD Ohio State Wexner Medical Center</p>	
<p>CG: Katelyn Capparuccini Wife</p>	
<p>CG: Katelyn Capparuccini</p>	

Wife	<i>get to you, it can cause a lot of problems. Like I said, I've dealt with the sleep deprivation, the not sleeping and the not wanting to eat and the loss of appetite."</i>
-------------	---

References

¹*Stress and the sensitive gut*, Harvard Health Publishing, August 2010. Online:
https://www.health.harvard.edu/newsletter_article/stress-and-the-sensitive-gut

²*Leaky Gut Syndrome: What is it?*, WebMD. Online:
<https://www.webmd.com/digestive-disorders/features/leaky-gut-syndrome#1>

For viewer information on this story contact:

The Ohio State University Wexner Medical Center: 1-800-293-5123
Log onto <http://wexnermedical.osu.edu> - click on "Media Room"

Produced by:

MEDIA  SOURCE

1800 West 5th Ave.

Columbus, Ohio 43212

Phone: (614) 932-9950 Fax: (614) 932-9920

www.mediasourcetv.com

**Video content provided by: The Ohio State University Wexner Medical Center
Media Relations Department: (614) 293-3737**

Producers and Reporters: To download scripts, video and photos go to:
<http://www.multimedianewsroom.tv>