

Newsweek

Faisal Tai, MD, of PsychPlus on Damage Caused by Stress

WELLNESS & FITNESS

Key Signs Your Body Is Being Damaged by Stress

BY MELISSA FLEUR AFSHAR ON 8/3/23 AT 6:30 AM EDT

"The cortisol your body produces naturally is crucial to your health," Faisal Tai, MD, a board-certified psychiatrist and CEO of PsychPlus told Newsweek. "However, if your body overproduces cortisol you can suffer [serious health problems ranging from anxiety](#) to diabetes. Over time, too much cortisol can also lead to Cushing's Syndrome," he added. Cushing's syndrome is a disorder that occurs when your body produces too much cortisol over a long period of time. Its symptoms include an increase in body fat, a lowered libido and weakness in the limbs.

