

## Mayo Clinic Minute

### Pets Not Pills

Video	Audio
<b>Vivien Williams</b>	This dog, old Cooper, is good for his owner's health.
<b>Edward Creagan, M.D.</b> <b>Oncology</b> <b>Mayo Clinic</b>	"And there are overwhelming data, when you hold a cat, when you groom a horse, when you pet a dog, there's a surge of feel-good hormones that we can measure - prolactin, oxytocin and dopamine.
<b>Vivien Williams</b>	Mayo Clinic oncologist Dr. Edward Creagan says owning a pet also boosts your immune system.
<b>Edward Creagan, M.D.</b> <b>Oncology</b> <b>Mayo Clinic</b>	"...that your immune system becomes more robust, more infection-fighting, when you have that reason to live in your life."
<b>Vivien Williams</b>	Pets have other health benefits too. The CDC says they may lower blood pressure, cholesterol, triglycerides and feelings of loneliness.
	You don't have to have a dog or a cat. Any animal that depends on you, even a fish, could make a good pet.
	Pets give you a reason to get up and get moving. Dr. Creagan has a saying, it's 'Get pets not pills.' Because pets can help improve your mental and physical health.
	I'm Vivien Williams, and for more health news, visit the Mayo Clinic News Network.