

Mayo Clinic Minute

Do Pets Help You Live Longer?

Video	Audio
Vivien Williams	Do pets make you healthier? Well, a recent study from Georgia Southern University shows healthy females over 50 who own a dog or cat may have a reduced risk of dying from cardiovascular diseases, such as stroke.
Edward Creagan, M.D. Oncology Mayo Clinic	“When you hold a cat, when you groom a horse, when you pet a dog, there is a surge of the feel good hormones that we can measure: prolactin, oxytocin and dopamine.”
Vivien Williams	Mayo Clinic oncologist Dr. Edward Creagan says pets help reduce stress, which may lower blood pressure — a risk factor for stroke. The study shows dogs are the most popular pets, but female cat owners benefit most. The stress reduction factor associated with owning a pet may be the key. Or, it may be that the pet owners’ personalities have something to do with it.
Vivien Williams	Dr. Creagan says research about the health benefits of pets is ongoing, and he recommends all people who can care for a pet properly should consider bringing a furry friend into the family. For the Mayo Clinic News Network, I’m Vivien Williams.