

Mayo Clinic Minute

How holiday music may help

Video	Audio
Vivien Williams GRAPHIC: Courtesy: Mannheim Steamroller	What is it about holiday music?
	M(usic of Mannheim Steamroller)
Vivien Williams:	Chip Davis, founder of Mannheim Steamroller, says he thinks many people enjoy holiday music because it helps them relax, brings back good memories and inspires hope for peace, love and happiness.
	(music)
Vivien Williams	Mayo Clinic experts say tuning into music really can be good for you. Dr. Johnathan Graff-Radford says research suggests listening to or singing music can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia. Other studies show music may also help reduce pain, which is no surprise to Chip Davis, who brings music and nature sounds to patients at Mayo Clinic.
Chip Davis Composer Mannheim Steamroller	"My grandfather was a country doctor about the same time as the Mayo Brothers. And my grandmother was a music teacher. So all of my grandfathers patients were probably actually getting music therapy inadvertently because my grandmother's piano students were upstairs."
Vivien Williams	So go ahead, turn on the holiday tunes. For the Mayo Clinic News Network, I'm Vivien Williams.