

Mayo Clinic Minute

Optimism improves women's health

Video	Audio
Vivien Williams	New research shows optimistic women live longer than their pessimistic peers.
Richa Sood, M.D. General Internal Medicine Mayo Clinic	“We have known that there is some benefit from heart-related deaths if people are optimistic, but the way this study adds to the whole body of evidence is that there were decreased number of deaths reported from stroke, from infectious diseases, from respiratory diseases, as well as from, I think, all cancers.”
Vivien Williams	Dr. Richa Sood says if you think about it, it makes sense.
Richa Sood, M.D.	“Optimism is basically a positive outlook for future. You expect good things to happen.”
Vivien Williams	If you're optimistic, you are less likely to be constantly stress out. Stress does two bad things to the body: It increases cortisol levels, which decrease your ability to fight infections, and it raises your blood pressure, which increases your risk of heart disease.
Richa Sood, M.D.	“It's good to know that optimism is about 25 to 30 percent genetic. So what that means is it can be learned, and there are skills that can increase optimism.”
Vivien Williams	Dr. Sood says you can start by recognizing and being grateful for the good things in your life. For the Mayo Clinic News Network, I'm Vivien Williams.