

Mayo Clinic Minute

How optimism improves your health

Video	Audio
Richa Sood, M.D. General Internal Medicine Mayo Clinic	Optimism is good for your health. "There's two different aspects that we need to talk about. One is the behavioral side of things. The other is the physiology that changes with the positive mindset."
	Dr. Richa Sood says optimistic peoples' behavior often includes taking charge of their health.
	"They are going to read about what makes me healthy and maybe start eating healthy. They want to go to the gym and do their exercise and maintain their weight."
	The physiological aspect of not being optimistic can be measured.
	"The association between pessimism and inflammatory markers in the body is very strong."
	Inflammation increases your risk of heart disease and other issues. Pessimism also affects cell aging. You see, chromosomes are capped with what are called "telomeres."
	"The longer the telomere, the younger the cell. So it's a marker of cell age. Chronic stress shortens the telomeres. Pessimism shortens the telomeres."
	The good news is that if you work to be more optimistic, you may improve your overall health.
	For the Mayo Clinic News Network, I'm Vivien Williams.