

Mayo Clinic Medical Edge

Pets not Pills

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
Nats of playing with dogs	COMING HOME TO THE UNCONDITIONAL LOVE OF JESSE AND BRINKLEY IS A TYPE OF THERAPY FOR MAYO CLINIC DR. EDWARD CREAGAN. THE GOLDEN RETRIEVERS' WARM WELCOME EASES THE EMOTIONS DR. CREAGAN SOMETIMES FEELS AFTER A DAY OF CARING FOR SERIOUSLY ILL PATIENTS.
Edward Creagan, M.D.	"IN THE CLINIC AS A CANCER DOCTOR I SEE SOME SOUL SHREDDING CHALLENGES."
	THE DOGS HELP HIM SMILE. BUT THAT'S NOT ALL.

Dr. Creagan	“THERE HAVE BEEN NUMEROUS STUDIES IN PEER REVIEWED JOURNALS SHOWING THAT PEOPLE WHO HAVE PETS HAVE LOWER BLOOD PRESSURE, DO BETTER AFTER HEART ATTACKS, ARE MORE PHYSICALLY ACTIVE...”
	AND HAPPIER THAN PEOPLE WHO DON'T HAVE PETS. DR. CREAGAN SAYS THAT'S BECAUSE CARING FOR A PET—A DOG, CAT EVEN A FISH—INCREASES THE LEVELS OF CERTAIN CHEMICALS IN THE BRAIN. CHEMICALS THAT REDUCE STRESS AND PROMOTE FEELINGS OF WELL-BEING.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.

