

Mayo Clinic Medical Edge

Pessimism & Dementia

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	ARE YOU A PERSON WHO SEES THE GLASS HALF EMPTY INSTEAD OF HALF FULL? WELL, RESEARCHERS AT MAYO CLINIC FOUND THAT EXTREME PESSIMISM IS MORE THAN JUST AN ATTITUDE. IT'S ALSO A RISK FACTOR FOR DEMENTIA.
Yonas Geda, M.D. Track 1 (10:33)	"THE PERSON WITH EXTREME PESSIMISM IS REALLY A PROFESSOR OF NEGATIVE THINKING."
	DR. YONAS GEDA LOOKED AT PARTICIPANTS OF A 1960'S ERA PERSONALITY QUESTIONNAIRE.

	<p>COMPARING THAT INFORMATION WITH RECENT INTERVIEWS AND MEDICAL HISTORIES, RESEACHERS DETERMINED THAT EXTREME PESSIMISM INCREASES YOUR RISK FOR DEMENTIA BY 30-PERCENT. WHAT WE DON'T KNOW IS WHY. BUT MAYBE...</p>
<p>Dr. Geda Track 2 (1:00)</p>	<p>“EXTREME NEGATIVENESS MIGHT LEAD TO EXCESSIVE AMOUNTS OF STRESS HORMONES AND THIS MIGHT BE KIND OF TOXIC TO MEMORY CELLS IN THE BRAIN.”</p>
	<p>DR. GEDA SAYS THE STUDY FOUND SIMILAR RISKS OF DEVELOPING DEMENTIA FOR INDIVIDUALS WITH DEPRESSION.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

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