

Mayo Clinic Medical Edge

Pessimism Study

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	WHAT CAN QUESTIONS FROM A 40 YEAR OLD RESEARCH PROJECT TELL US TODAY? YOU MIGHT BE SURPRISED.
Yonas Geda, M.D. Track 1 (10:33)	"EXTREME PESSIMISM SEEMS TO BE A RISK FACTOR FOR DEVELOPING DEMENTIA."
	DR. YONAS GEDA AND COLLEAGUES AT MAYO CLINIC STUDIED QUESTIONAIRES FROM A 1960'S PERSONALITY RESEARCH PROJECT. INVESTIGATORS THEN INTERVIEWED THOUSANDS OF PEOPLE WHO HAD FILLED OUT THOSE QUESTIONAIRES AND

	STUDIED THEIR MEDICAL RECORDS. IT'S CALLED A HISTORICAL COHORT STUDY.
Dr. Geda Track 1 (2:55)	“WHEN YOU CAN HAVE A TIME LAG BETWEEN RISK FACTORS AND OUTCOME THAT'S GOOD. THAT WAY YOU CAN TALK ABOUT CAUSE AND EFFECT.”
	AND IT APPEARS EXTREME PESSIMISM INCREASES YOUR RISK FOR DEVELOPING DEMENTIA BY AS MUCH AS 30-PERCENT. WHILE THERE ARE THEORIES, DR. GEDA SAYS WE DON'T YET KNOW WHAT CAUSES THIS ASSOCIATION BETWEEN EXTREME PESSIMISM AND AN INCREASED RISK OF DEVELOPING DEMENTIA
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.
