



SAMPLE ARTICLE

Most Heart Disease is Cured by Optimism

By Ilana Strauss

Being cheerful isn't just fun. It could save your life.

A new study published in the JAMA Network Open Journal examined data from 229,391 people and 15 studies about health and optimism. The scientists found something interesting: people who had positive thoughts about the future were 35% less likely to get heart disease.

"Thought patterns and mindsets are the most intimate parts of our experience," said Dr. Alan Rozanski, one of the scientists who worked on the study.

Of course, just telling people to be happy isn't necessarily enough. Instead, doctors advise teaching patients with heart disease to be less negative. While people who have heart attacks are often told to eat well and exercise, mental health isn't taken nearly as seriously by doctors.

And this change doesn't have to be limited to cardiac patients. Depression and other ailments could be made worse by pessimistic outlooks. While doctors frequently focus on physical symptoms, they often have no idea to look at people's life perspectives.

"Thinking of this as a medical issue is new," said Rozanski. "Just like we can treat depression, we can treat [pessimism] at an earlier stage," he said.