

[IMAGE]

## Keep Your Chin Up

By Editorial Staff

A little optimism can go a long way, whether it's in a job interview, on the playing field or elsewhere. In fact, evidence suggests optimism also may be a powerful health aid, specifically in terms of helping women live longer.

A records review of more than 70,000 women who participated in a long-term study (2004-2012) , in which they were surveyed on their optimism and health every two years during that time, came to just that conclusion: Women who were the most optimistic had a 30 percent lower risk of dying during the study period compared to the least optimistic women. Risk of dying of cancer among the most optimistic women was 16 percent lower; for heart disease, stroke or respiratory disease, almost 40 percent lower; and from infection, more than 50 percent lower.

The take-home message is simple, but profound: Keep your chin up! Finding ways to be optimistic, especially when times are tough, can help you stay the course mentally and physically, which will keep you in a great position to prevent disease and fight it if something does go wrong. Now that's drug-free medicine you can count on! Talk to your doctor to learn more.

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