

10 Health Reasons Why companion animals Are Great For Seniors

1. Companion animals Lower Blood Pressure . A study of health patients showed that people over 40 who cares for a companion animal had lower blood pressure than people who did not have companion animals. Another study showed that talking to companion animals decreases blood pressure.
2. Fewer Trips to the Doctor . Seniors who care for dogs go to the doctor less than those who do not. In a study of 1,000 Medicare patients, even the most highly stressed dog guardian/guardians in the study had 21 percent fewer physician's contacts than non-dog guardian/guardians.
3. Less Depression . Studies show that seniors with companion animals do not become depressed as often as those without companion animals.
4. Easier to Make Friends . Seniors with companion animals meet more people and like to talk about their companion animals.
5. Seniors Become More Active . Seniors with companion animals go for more walks and are generally more active than those without companion animals.
6. Companion animals are Friends . Most everyone, but especially seniors, will say that companion animals are their friends.
7. Companion animals Ease Loss . Older people who suffer the loss of a spouse and care for a companion animal are less likely to experience deterioration in health following that stressful event.
8. Companion animals Fight Loneliness . You are less likely to be lonely with a canine or feline friend around.
9. Taking Better Care of Themselves . Seniors take good care of their companion animals and better care of themselves when they care for a companion animal.
10. Sense of Security . companion animals help seniors to feel that someone they trust is always around.