The Expert Says – Summer 2017

Scientists are learning more about how intense feelings of deep affection can help boost your health in the ways below:

June 5, 2017 By Kate Ferguson

Protect the heart

Researchers from the University of Pittsburgh found that women in good marriages had a much lower risk of cardiovascular disease than those in high-stress relationships.

Support longevity

Since 1979, scientists have tracked more than a million people in the National Longitudinal Mortality Study and noted that married people live longer. In addition, these couples had fewer heart attacks and lower cancer rates and suffered less frequent bouts of pneumonia compared with single folks.

Vanquish cancer

Researchers from the University of Iowa observed that women with ovarian cancer who enjoyed strong ties to others and satisfying relationships had stronger natural killer cells (white blood cells in the immune system that destroy cancerous cells) engaged in activity at the site of their tumors than those who didn’t have those supportive social connections.

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