

Health Minute

Life-saving pets

Pets share unconditional love and companionship. They also contribute to heart health by helping to control blood pressure and manage stress. Studies at the State University of New York demonstrated that people show a reduced stress response (i.e., less of a rise in blood pressure or heart rate) if their pet happens to be nearby. Pets comfort us when we face life's many challenges and help to remind us that we are needed and loved. Pets don't just help patients – they help family members and caregivers react better in stressful situations. Adopt a furry family member today and start reaping the rewards of love and companionship.

To find out about adopting a pet, contact the Animal Welfare League of Charlotte County at (941)625-6720 or www.awlshelter.org