

Attitude Adjustment: Optimism Can Stave Off Stroke in Older Patients

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ABC News:

Looking on the brighter side of life just may save your life, according to new research from the University of Michigan. In a study of 6,000 adults over 50 with no history of stroke, optimism was associated with significantly reduced risk of stroke, even when controlling for stroke risk factors such as high blood pressure, heart disease, hypertension and body mass index.

“Past research has linked optimism with a range of health benefits, including cardiovascular outcome,” says lead author Eric Kim, a doctoral student in clinical psychology at the University of Michigan. The study was published Thursday in the journal *Stroke*.

Read more: [ABC News](#)