

Beat loneliness - to avoid a stroke: Why isolation is as bad for you as smoking

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Daily Mail:

Loneliness is as bad for your health as smoking.

It seems astonishing, I know, but scientific research suggests that social isolation, in the long term, is as damaging as a 15-a-day cigarette habit or being an alcoholic.

Other studies have found that those with a poor social network are at increased risk of dementia and high blood pressure, that the genes we need to fight off serious viral infections seem to be less active in the lonely than in the rest of the population, and that loneliness may cause cancer or heart disease.

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