



Your heart loves  
a good laugh.

## Funny Heart Protection

**New research: Take these findings—please!**

When researchers from the University of Maryland Medical Center in Baltimore tested the “humor quotient” of 300 people, they found that those with heart disease were 40% less likely to laugh at the jokes, mix-ups, and irritations of everyday life than

those without cardiovascular problems. (Presented at the American Heart Association’s annual meeting, Nov 2000)

“Laughter is no substitute for eating properly, exercising, and controlling blood pressure and cholesterol levels with medication if need

be,” says study author Michael Miller, MD, director of the university’s Center for Preventive Cardiology. “But enjoying a few laughs every day couldn’t hurt, and our research suggests that it might help your heart health.”

Researchers speculate that a good chuckle might keep hearts healthy by helping to minimize inflammation in the blood vessels, decreasing the risk of clots, or helping to maintain normal blood pressure levels.

The bonus? This remedy is

### Laughter’s Hidden Health Benefits

► Researchers at Loma Linda University School of Medicine in California have found that the positive emotions associated with a good chuckle activate immune system cells and decrease stress hormones.

► A study from Marywood University in Scranton, PA, has found that students who watched a sitcom prior to giving a speech had only a moderate rise in heart rate. Laughter seemed to inoculate the sitcom group against anxiety.

LEFT, IMAGEBANK; RIGHT, KURT WILSON