

# Daily Herald

## Cassandra Boduch, MD of PsychPlus on Why it's Healthy to Own a Pet

How pets can help you stay healthy



Interactions with animals can benefit owners by giving a sense of belonging and security. *Getty*

“Data tell us that owning a dog or cat can reduce the blood pressure of those over age 50, and a 20-year-long study of 2,400 cat owners demonstrated that they were less likely to suffer from cardiovascular-related illnesses,” says Cassandra Boduch, MD, chief medical officer for PsychPlus in Houston. “According to a behavioral risk factor survey, about 60% of people who walk dogs get the recommended amount of daily exercise as opposed to 45% of those who do not own or walk dogs.”

Once you have a pet, count on spending quality time with it, including exercising and playing, to capitalize on the advantages of animal ownership, Boduch suggests.