



Cats and Human Heart Health



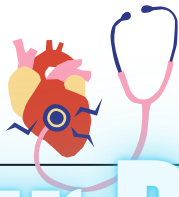
We cat people have always known that cats are good for us and research suggests they may also be good for our hearts. A long-term study published in the *Journal of Vascular and Interventional Neurology* found that people who had owned cats had a lower risk of dying from a heart attack than those who had never owned one.¹

The study found an association between cat ownership and a lower risk of heart disease, possibly because feline companionship may help reduce stress and blood pressure. From their calming purrs and comforting presence to their biscuit-making and playful antics, cats brighten our days and make us laugh out loud. Our feline companions may support both our emotional well-being and our heart health.

Maybe we should all add another one to the household.



¹ Qureshi AI, Memon MZ, Vazquez G, Suri MFK. "Cat Ownership and the Risk of Fatal Cardiovascular Diseases." *Journal of Vascular and Interventional Neurology*. 2009;2(1):132-135.



Meet our Residents!



Violet



Wynter



MOMMARILLO

