



healthy heart

U.S. researchers said their observational

study was the first to show an independent relationship between positive emotions and coronary heart disease, but stressed that more work was needed before any treatment recommendations could be made.

«We desperately need rigorous clinical trials in this area. If the trials support our findings, then these results will be incredibly important in describing specifically what clinicians and/or patients could do to improve health,» Karina Davidson of Columbia University Medical Center wrote in the study in the European Heart Journal.

Heart disease is the leading killer of men and women in Europe, the United States and most industrialized countries. Together with diabetes, cardiovascular diseases accounted for 32 percent of all deaths around the world in 2005, according to the World Health Organization.

Over 10 years, Davidson and her team followed 1,739 men and women who were taking part in a large health survey in Canada. [\(περισσότερα...\)](#)