



Healthy Her *Community and Longevity*

Jayne Morgan, M.D.

Cardiologist and V.P. of Medical Affairs, Hello Heart
Adj. Ass. Prof. of Medicine, Morehouse School of Medicine
Owner and Creator of the Stairwell Chronicles
Host of HealthyHer podcast / YouTube
Advisory Board Member, S.H.A.U.N. Foundation for Girls

I often give talks on heart health and women, and inevitably the topic of longevity arises. The questions I receive are often surrounding what to do to protect your heart as we get older. Although there are some key physical things, like maintaining blood pressure control, weight, cholesterol, and getting enough exercise, my other answers often surprise people.

It is hard to talk about heart health and longevity, especially for women, without discussing community. That's right. Community. Turns out, significant relationships are key ingredients in longevity, and for women surprisingly (or not surprisingly) it means significant and nurturing relationships with other women within your community.

Why is that?

Communities of women have a profound impact on the mental, emotional, and physical health of other women. There are a number of reasons for this, including:

Social support – This has been shown to be effective in reducing stress. It also reduces isolation and loneliness (both strong predictors of mortality). And further reduces depression, anxiety, and even cognitive decline.

Habit formation – Women are more likely to adhere to medical advice from one another and follow better habits formed within the group.

Feeling valued – There's also a sense of purpose and belonging. This in turn has a biological impact of reducing illness causing inflammation of the body.

So, in addition to getting regular check-ups, key health screenings, good exercise, quitting smoking, and eating a healthy diet....I also recommend sunshine, smiles, and meaningful friendships. Those girlfriend trips and brunches might just be what the doctor ordered for longevity after all. 😊

Take a listen to my 60 second Stairwell Chronicle here
<https://www.instagram.com/reel/DJ6WnPSAKUW/?igsh=MTJuN2I5OWM2MjU4aQ==>
for further support and info and..... #LongLiveWomen!

Best,
Jayne Morgan, M.D.

You can follow me for more medical information on Instagram, Threads, TikTok, YouTube and X @drjaynemorgan and on LinkedIn @Jayne Morgan, M.D.