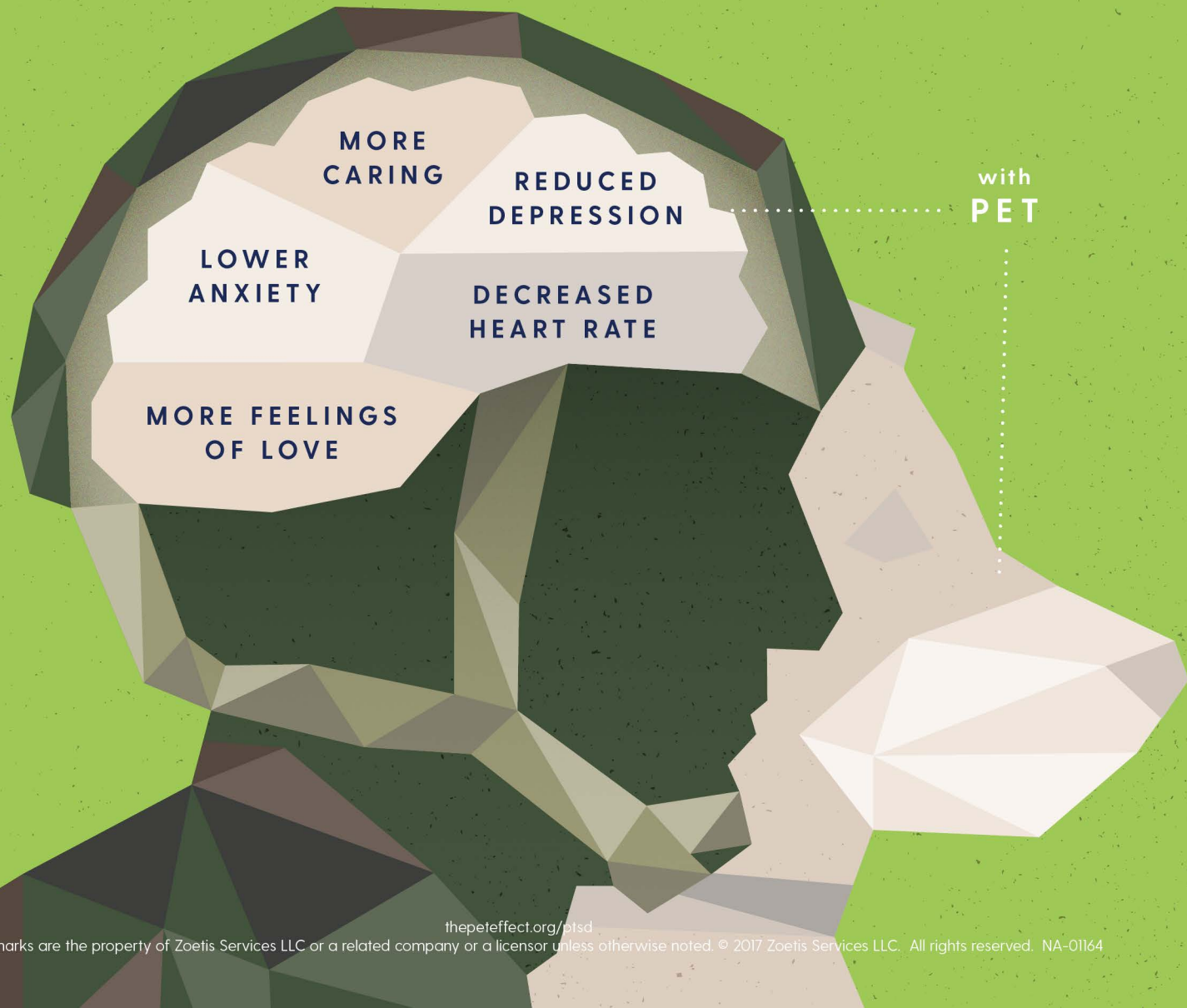


Pets & PTSD



Pets & Autism



CRYING
FROWNING
SOCIAL
ISOLATION

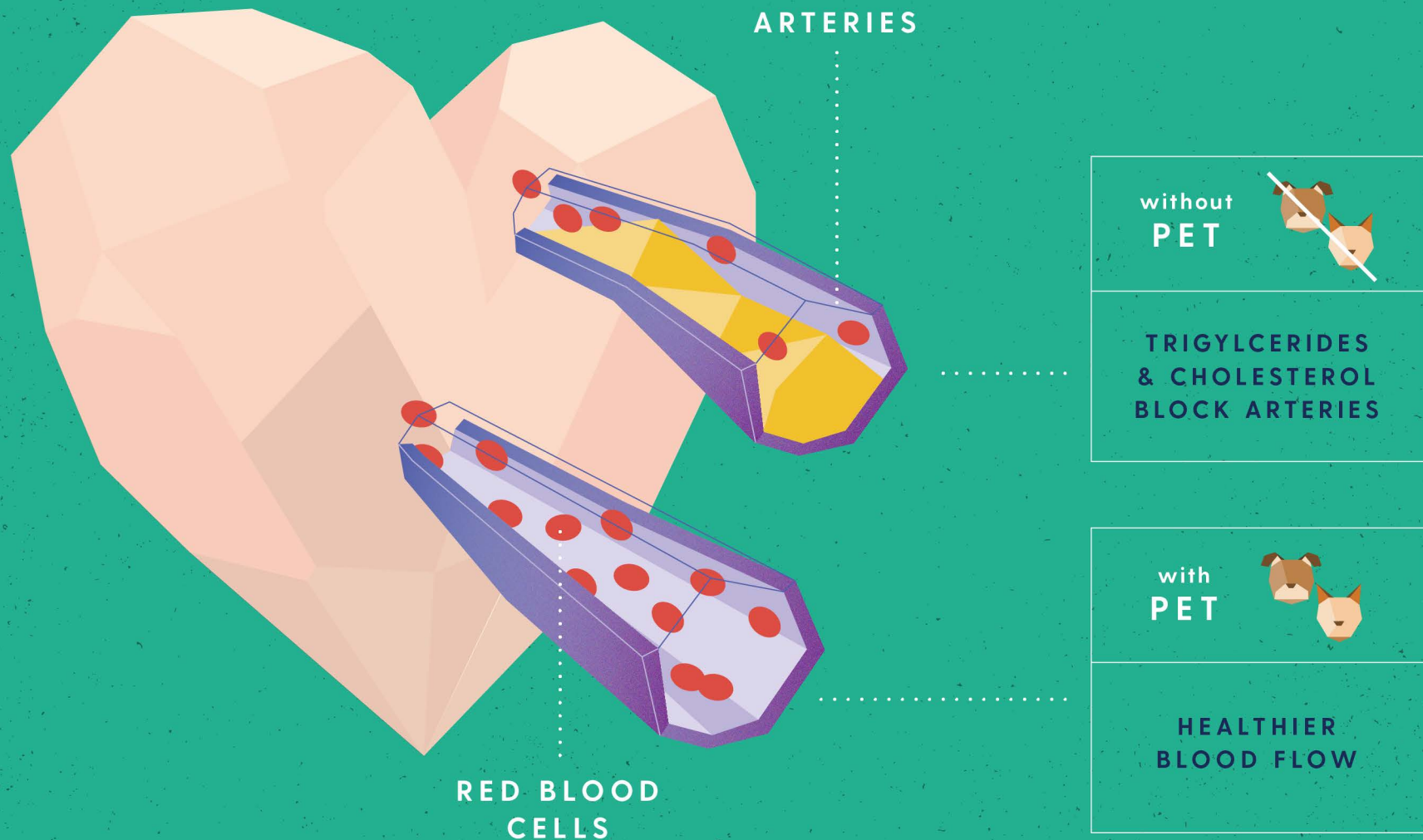


TALKING
PHYSICAL
CONTACT
LOOKING
AT FACES
SMILING
& LAUGHING



with
..... ANIMALS

Pets & Your Cardio Health



Pets With Patients

PERCENTAGE OF DOCTORS REPORTING MODERATELY TO SIGNIFICANTLY BETTER:

RELATIONSHIP
WITH STAFF

76%

PHYSICAL
CONDITION

88%

MENTAL HEALTH
CONDITION

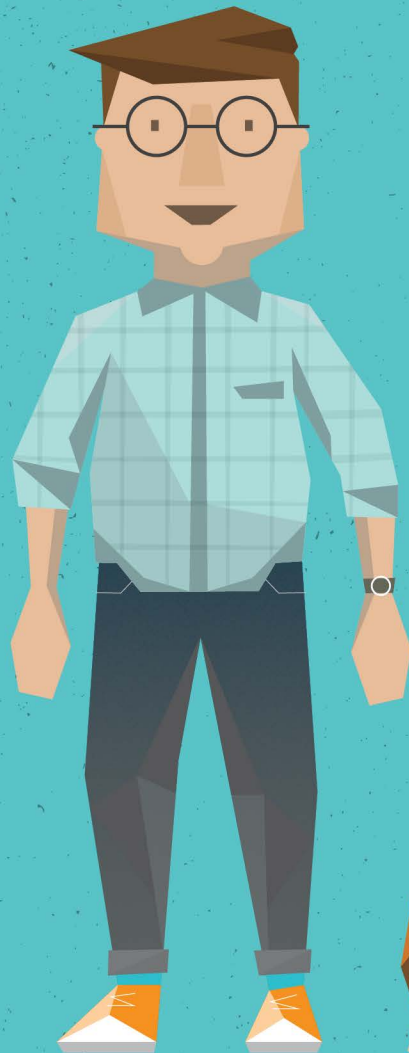
97%

MOOD OR
OUTLOOK

98%



Cats & Your Heart

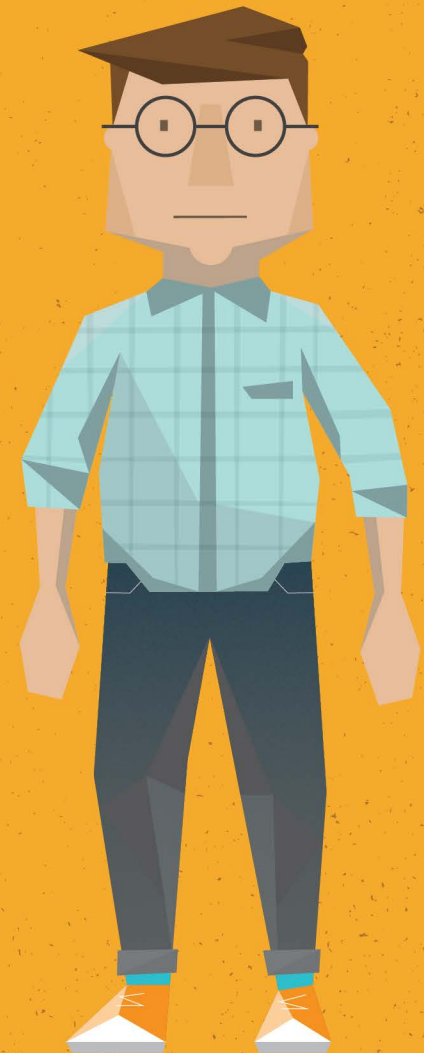


with
CAT



without
CAT

40%
HIGHER
RELATIVE
RISK OF
DEATH BY
HEART
ATTACK



~~Pets & Depression~~

THE PET EFFECT

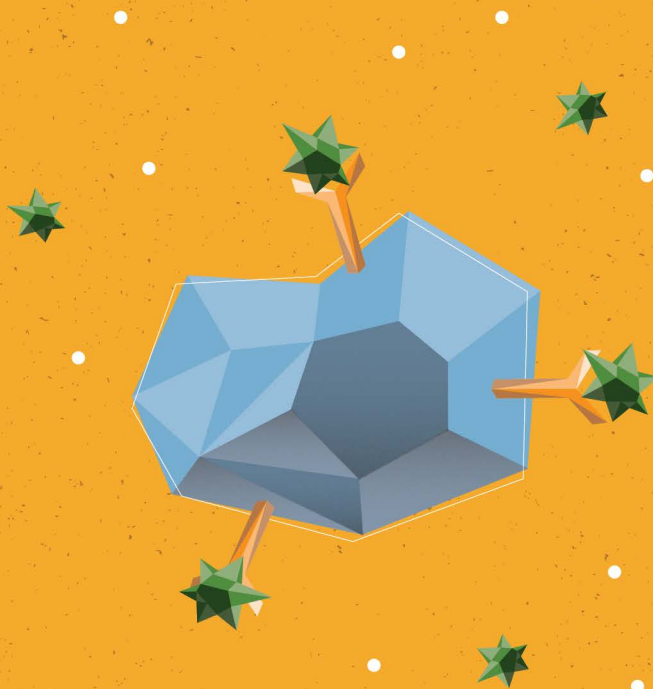


~~LONELINESS~~

MORE SENSE
~~LOSS OF~~
~~INTERESTS~~
OF PURPOSE

FEELINGS OF
~~WORTHLESSNESS~~
CONFIDENCE

Pets & Childhood Allergies



without
PET



**HUMAN CELLS
TAKE IN
ALLERGENS**

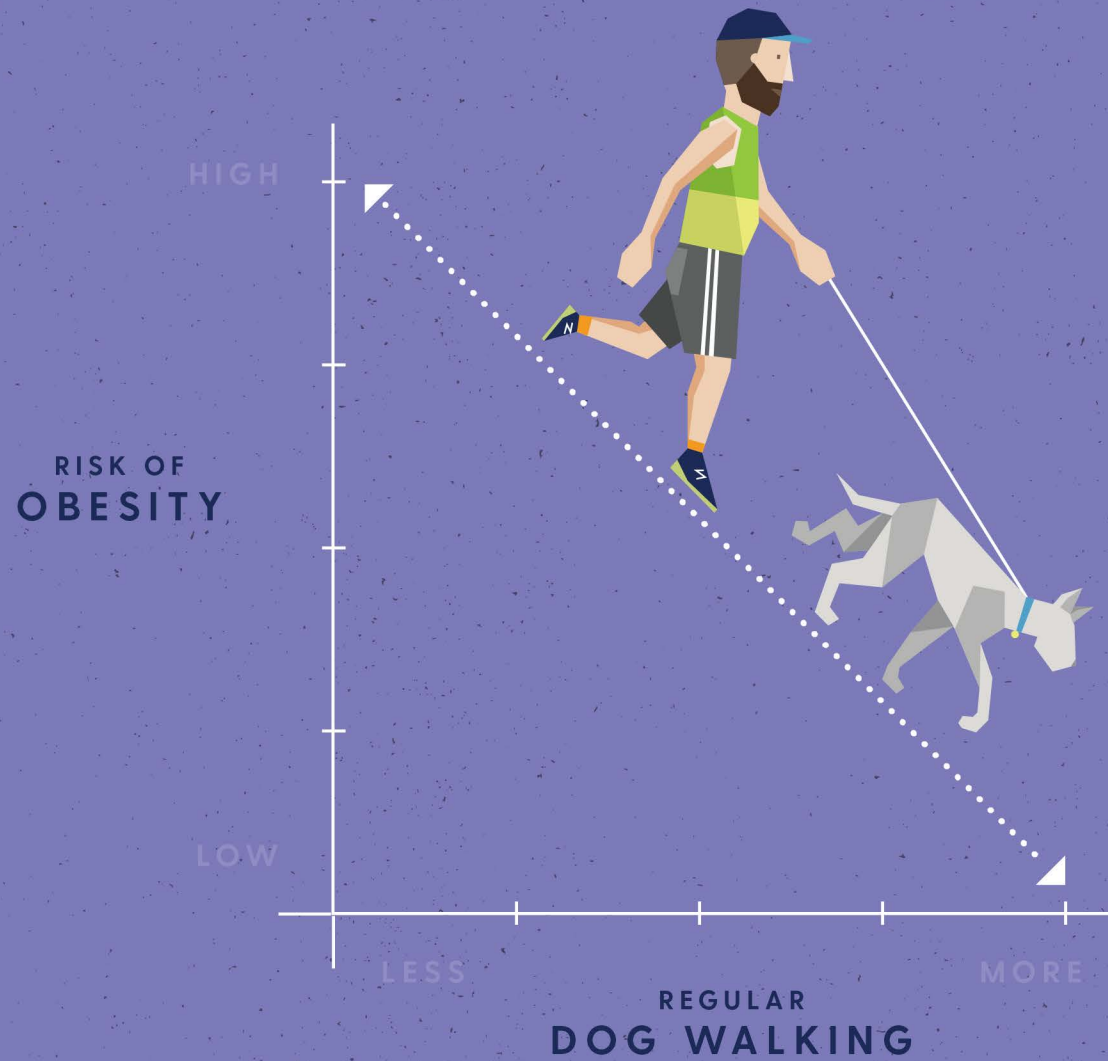


with
PET

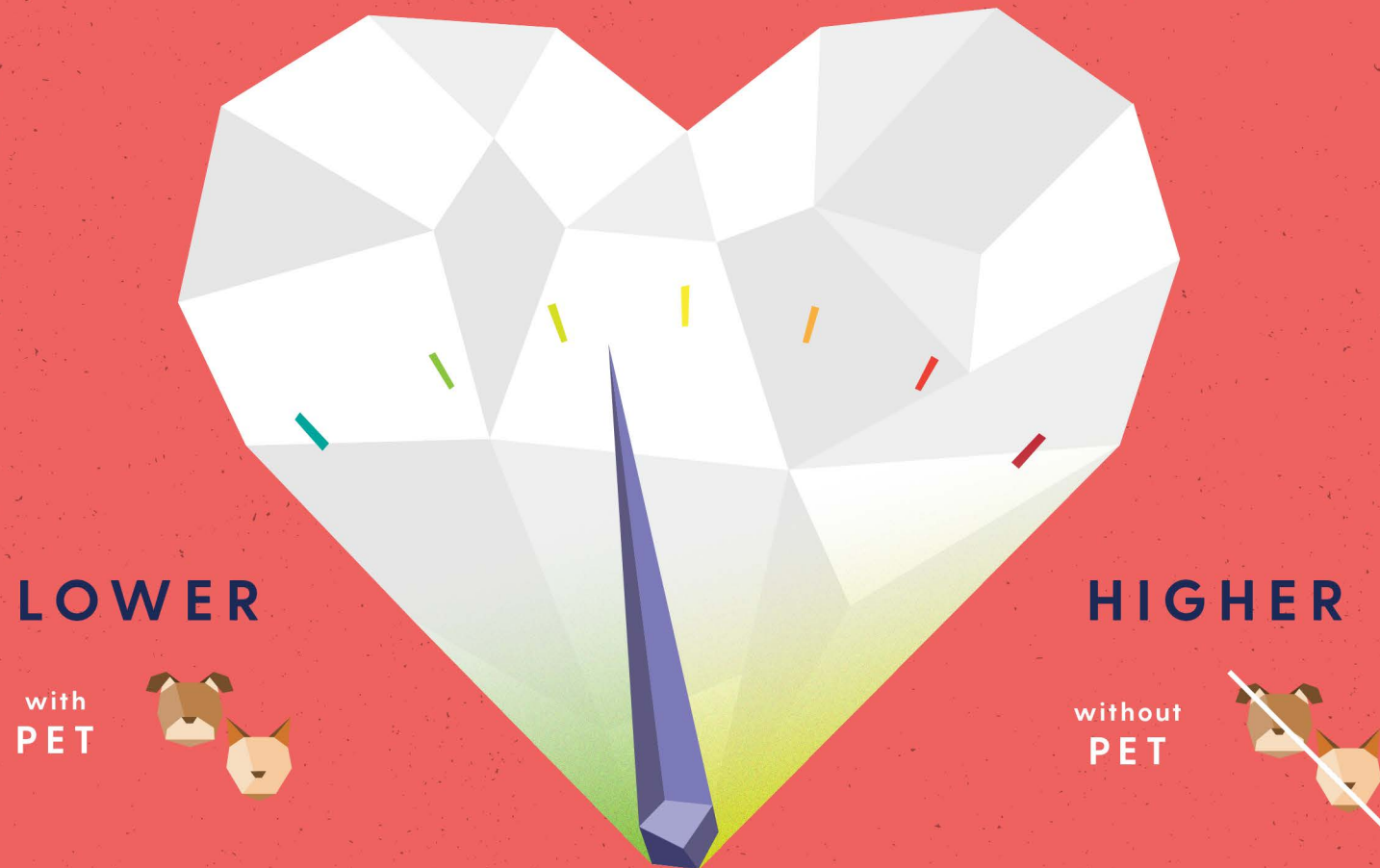


**HUMAN CELLS
FIGHT OFF
ALLERGENS**

Pets & Obesity



Pets & Blood Pressure



**OWNING A PET CAN HELP LOWER
RESTING BLOOD PRESSURE**

Pets & Doctors



97% OF DOCTORS BELIEVE
THAT THERE ARE HEALTH
BENEFITS TO OWNING A PET



Adoption Helps Both Ends of the Leash

77% OF PETOWNERS SAY THAT
PETS AND HUMANS BENEFIT
EQUALLY FROM THE BOND¹

EXPERIENCE THE PET EFFECT
AT YOUR LOCAL SHELTER





Pets Help Vets Out

VETERANS PAIRED WITH PTSD SERVICE DOGS*
REPORT HIGHER MENTAL AND SOCIAL WELL-BEING¹

¹thepeteffect.org/veterans. *trained by the K9 for Warriors program
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