

# Why you should adopt a pet essays example

[Environment](#), [Animals](#)



Everybody should have a pet. It is not just my opinion, but many reports emphasise the benefits of owning a pet. The owner could be a child, or an elderly person, it actually doesn't matter. There is evidence that pet owners with indeed different profiles could benefit from pets in both physical and psychological terms (Raina 323-9). In simple words, pets are just going to enrich your life, and the life of the entire family. Many times pets become more than just „ animals“, they are true family members, and I must say that in the majority of time the happiest members.

When talking about the psychological aspect of having a pet companion, it is obvious that pet owners rarely feels alone or lonely. They have a feeling of having a real friend beside them all the time, day and night. It is also true that pet owners have an opportunity to join social groups of similar interest for pets, in the park or on-line. The positive effect of having a pet on several diseases is already proven, and the spectrum of diseases influenced by owning a pet is very large, starting from allergies, AIDS, Alzheimer disease to hearth problems and high blood pressure (Siegel 157-70). Studies have shown that if patients with Alzheimer disease have a pet in their home they have fewer anxious outbursts (Fritz 459-463). A very good thing when you have a pet is the time you spend outside. It is a well know fact that more physical activity will improve your health. If you are too busy to maintain a vivacious pet or not able to go outdoor you still have several options and pets that would suit your needs.

Outdoor activity is essential for wellbeing; it affects many body compartments and functions. Pets have an influence on blood pressure and boost the immunological system (Levine 2353-63). Thus, fresh fruits,

vegetables and pets are what every doctor should prescribe. Recent reports emphasise that if a child is living with many pets it has less risk for developing asthma and allergies further in life (Gaffin 282-288). But maybe even more important is the lesson you are giving to your child when adopting a pet. The lesson of compassion and responsibility, and that they are never too young to help somebody in need, today an animal, but tomorrow a human being. How actually is important to have a pet and its impact on a person's life could also be seen by one insurance company in Ohio, which asks elderly clients if they have a pet as part of their medical screening. Even insurance companies realise that having a pet is a true advantage for their clients.

When you adopt a pet, you will have a true friend for years, and at the same time feel good about yourself because you actually make someone life better and even maybe save somebody's life. The bond between a rescued pet and its saviour is firm and lifelong. Sadly, recent reports estimated that almost 3.7 million unwanted pets must be euthanized year after year, as they did not find a family to adopt and give them a second chance. You have to realise that when you adopt a pet you are not saving just one life. You free up the much needed space for some other animal in need of a shelter.

If you decided to adopt a pet I want to congratulate you for being a great person, wanting to help powerless creatures. On the other hand you will see that these same poor animals will bring you such an immense joy and reward you in countless ways for your generosity.

## Works Cited

Fritz, Curtis L., et al. "Association with companion animals and the expression of noncognitive symptoms in Alzheimer's patients." *J Nerv Ment Dis* 183. 7 (1995): 459-63. Print.

Gaffin, Jonathan M., et al. "Effect of cat and daycare exposures on the risk of asthma in children with atopic dermatitis." *Allergy Asthma Proc* 33. 3 (2012): 282-8. Print.

Levine, Glen N., et al. "Pet ownership and cardiovascular risk: a scientific statement from the American Heart Association." *Circulation* 127. 23 (2013): 2353-63. Print.

Raina, Praminder, et al. "Influence of companion animals on the physical and psychological health of older people: an analysis of a one-year longitudinal study." *J Am Geriatr Soc* 47. 3 (1999): 323-9. Print.

Siegel, Judith M., et al. "AIDS diagnosis and depression in the Multicenter AIDS Cohort Study: the ameliorating impact of pet ownership." *AIDS Care* 11. 2 (1999): 157-70. Print.

.