

Newsletter

Non-physician providers:

Those include certified nurse-midwives, who not only deliver babies but also often provide general care to women; nurse practitioners; and physician assistants. All three types of providers usually work with a physician, though they can all write prescriptions on their own in all or most states and are capable of evaluating and treating most common medical problems. When one of those practitioners coordinates your care, you are likely to spend less time in the waiting room, and receive more information on disease prevention and health maintenance.

Reports survey:

Of nearly 14,000 consumers, found that people were more likely to make lifestyle changes when their doctors gave them a detailed plan.

Say yes? Say no? :

Donating eyeglasses. The Give The Gift of Sight Foundation collects and repairs used eyeglasses, and then distributes the in developing countries. Drop off used specs or non-prescription sunglasses at a local Lions Club or many store nationwide.

Oreo Pizza:

A new dessert from Domino's Pizza is a sweet tooth's dream. A chocolate crust topped with Oreo cookie crumbs, vanilla sauce, and icing. However each 10-inch pie packs 960 calories and 64 grams of sugar. A "serving" is only one-eighth of a pie, but you'd need super-sized will power to eat such a tiny piece.

Dried Fruit:

Miss fresh fruit? Try dried, which packs fiber, minerals, vitamins and other nutrients. But go easy on portions: Calories and sugar are concentrated in the dried variety. One-quarter of a cup of dried fruit equals about one half cup of fresh.

Wart Self Surgery:

Cutting or picking warts off can cause infection and possibly spread the virus to other parts of your body. Instead, use an over-the-counter product containing salicylic acid, such as Clear Away or Wart Off. Gently scrub the wart with a pumice stone once a week to remove dead skin.

Family Medical Trees:

Compiling a health history of conditions suffered by your grandparents. Parents, siblings, and other close relatives can help you and your doctor prepare a plan to keep you healthy. The U.S. Surgeon General provides a template at <http://familyhistory.hhs.gov>.

I'm a 64-year-old woman. Does it matter what kind of calcium supplement I take to prevent Osteoporosis?

Go for the cheapest calcium product you can find that carries the “USP Verified” seal, which indicates it has been tested by the U.S. Pharmacopoeia for purity and safety. While certain forms of calcium may be slightly better absorbed than others, the differences are probably too small to have any impact. So just pick a safe product that delivers the dose you need at the lowest cost. Calcium Carbonate generally costs less and requires fewer pills than calcium citrate, calcium lactate, or tricalcium phosphate. Products that get their calcium from coral, limestone, or oysters are not worth paying extra for, and some of the coral pills may even be risky. In Consumer Reports’ tests of 30 top-selling calcium supplements, published in 2005, two coral-calcium samples had worrisome lead levels. Most other calcium products tested met the supplement lead standard.