



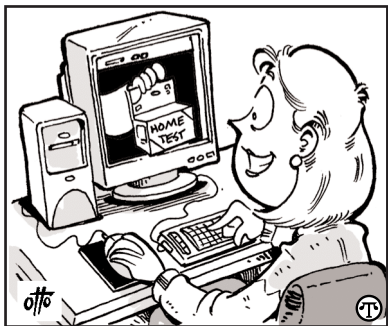
Ask Your Pharmacist

Proactive Health

by Dave Krishna

(NAPSA)—Taking a proactive approach to health can be a prescription for a longer, more fulfilling life—but that approach involves more than diet and exercise.

Try these two tips:



Healthy Idea—At-home tests can help people monitor their health.

Know Your Numbers

People can use at-home tests to monitor important numbers such as cholesterol levels, blood pressure and, for diabetics, glucose levels. You can get the tests at drugstores. Just remember: They can't substitute for doctor visits, but the tests can help you stay on top of health issues.

Be Prepared

Having emergency equipment on hand could help save a life. For instance, the Philips HeartStart Home Defibrillator is available at www.drugstore.com.

In the event of a heart attack, the easy-to-use device can help keep a person's heart beating until paramedics arrive.

• *Dave Krishna, R.Ph., is a clinical pharmacist for the drugstore.comTM online pharmacy. For other Ask Your Pharmacist articles, visit www.drugstore.com/ayp.*