

YOUR HEALTH

Are You At Risk: Tests To Help You Know

(NAPSA)—Helping yourself to good health may be easier than you realize. Early detection is often the key to staying well. A good health screening, experts say, should include five basic tests:

1. Total Cholesterol Screening: The National Cholesterol Education Program recommends that adults have their cholesterol levels checked at least every five years. However, more than half of Americans do not know their cholesterol numbers. Studies among people with heart disease have shown that lowering cholesterol can reduce the risk of heart disease.

2. Glucose Screening: Glucose is a form of sugar that is the body's primary fuel; glucose broken down from food can be converted into energy or stored. Blood glucose levels may indicate risk for diabetes, a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy.

3. Blood Pressure Screening: High blood pressure (hypertension) is a serious condition that affects one in four American adults. High blood pressure increases the risk for heart disease and stroke, which is the leading cause of death in the United States. Among people with high blood pressure, 70 percent do not have their condition under control.

4. Bone Density Screening: Osteoporosis is a disease that slowly thins and weakens bones. In America, 10 million individuals are estimated to have the disease already and almost 34 million more are estimated to have low bone mass. Bone density testing is the best way to determine bone



Five important tests that can help you stay well are free from a national tour.

mass and reveal present and future risk of fracture.

5. Body Mass Index: Body fat, not weight, is the better measure of one's health and fitness. It's calculated using a body mass index analyzer, a handheld machine that sends a weak electric current through the body and then estimates body-fat percentage and body-fat index.

It's now possible to get all these tests, free, in a customized traveling education and health-screening vehicle on a nationwide health-screening tour.

This Walgreens Wellness Tour aims to bring free screenings for total cholesterol levels, blood pressure, bone density, glucose levels and body mass index and better health awareness to American communities. Each visitor is invited to take all five screenings. All screenings take place inside the customized vehicle.

For more information on when the Wellness Tour will be visiting your city, call 1-866-484-TOUR (8687). Free neighborhood health screenings can help detect conditions at their earliest and most treatable stages.