

# Health Hints

## Nurse Practitioners And A Healthier You

(NAPSA)—Given the rising cost of traditional healthcare, a growing number of Americans say they are now practicing what they refer to as “well care.” The focus is on prevention and making healthy choices that will benefit the body now and later.

Many healthcare professionals are working with patients to build personalized wellness programs. In addition to providing primary, acute and specialty care, one group of healthcare professionals, nurse practitioners, spend time counseling patients on the many benefits of leading a healthier lifestyle.

According to Kay Todd of the American Academy of Nurse Practitioners Foundation, “Nurse practitioners work with their patients to determine a personalized wellness regimen, one that suits age, activity level, health issues, even food allergies. They are well-trained healthcare professionals who can help consumers make educated decisions about leading a healthier lifestyle.”

For example, many nurse practitioners can help you incorporate the proper dietary supplements to help ensure that you are filling nutrient gaps in your diet. In fact, a recent study from the “Life...supplemented” program found that 95 percent of nurse practitioners personally take dietary supplements, including multivitamins, vitamin D and calcium.

“Nurse practitioners are uniquely positioned to help patients



**Nurse practitioners often work with patients to help them design a personalized wellness regimen.**

incorporate dietary supplements into their wellness routines, because they realize the important role that supplements play in offering patients the opportunity to proactively improve their health,” said Duffy MacKay, N.D., vice president, scientific and regulatory affairs, Council for Responsible Nutrition. “If consumers engage in proactive health measures today, it can help them avoid potential health problems down the line.”

Both Ms. Todd and Dr. MacKay advise individuals to talk to a nurse practitioner or other healthcare professional to create a well rounded health routine of a healthy diet, appropriate dietary supplements, routine exercise, and regular visits with a healthcare practitioner.

To learn more, visit the website of the American Academy of Nurse Practitioners at [www.aanp.org](http://www.aanp.org) or visit the Council for Responsible Nutrition at [www.crnusa.org](http://www.crnusa.org).