

<< continued from previous

**Best BP Readers** Measure your upper-arm circumference before buying so you know your cuff size—using the correct cuff ensures more accurate readings.



**OMRON WOMEN'S ADVANCED ELITE 7300W** (\$100) Top-rated overall; includes an irregular-heartbeat detector



**OMRON AUTOMATIC WITH INTELLISENSE HEM-711AC** (\$90) Very accurate and slightly cheaper, with fewer extra features



**RELION HEM-741CREL** (\$40, Wal-Mart only) *Consumer Reports'* "Best Buy" pick for price; an extra, larger cuff is \$10 more

## Get Your Meds Mail Order



When you fill your prescription through a reputable mail-order pharmacy, you're more likely to take it as directed and gain maximum benefit from the drug, according to a new study by Emily Cox, PhD, for the drug-benefit provider Express Scripts. Among patients taking meds for hypertension, diabetes, and high cholesterol, Cox found that up to 82% who use home delivery swallow their pills on time and as prescribed, compared with 71% of people who fill their scripts at a retail pharmacy. One reason: You can fill 3 months of a medication at a time with mail-order pharmacies, meaning fewer chances to forget refills and miss doses. —*Julian Kesner*

## DENTISTS TO THE RESCUE!

A regular dental checkup can actually be lifesaving. Your dentist is the health provider who is most likely to detect bleeding gums, which can be a sign of more than 20 conditions, such as diabetes, hormonal imbalances, cancer, or a vitamin deficiency, according to Chicago-area dentist Ronald Schefdore, DMD. Dentists also can prescribe home screening tests (such as ones used to gauge systemic inflammation) for many diseases—often at a fraction of the cost of a hospital blood test, he says. —*JK*