

**FOR IMMEDIATE RELEASE****Easy ways to keep up with health information**

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Keeping up with the latest health information is easier than you might think. The United States Food and Drug Administration (FDA) website provides easy to read articles that are full of reliable health tips and other resources. There's also a monthly e-newsletter with free tools that can help you learn how to care for your health and your family's health.

Going online is a popular way to obtain health information, however, consumers should be cautious when using online information—always use trusted sources. Websites that end with the suffix “.edu” or “.gov” will help confirm that you are getting trusted, accurate and up-to-date information.

The FDA regulates foods and consumables, human and animal drugs, medical devices, vaccines and other biologics. The FDA website features stories on the latest health topics, helpful links and interactive components. Consumers can see recent recalls (products like pet foods and toys,) safety warnings and facts about drugs and immunizations.

Visit the FDA website [www.fda.gov/consumer](http://www.fda.gov/consumer) to gain health-related information on all things regulated by the agency, or to request an e-newsletter.

You may also find the FDA's "My Medicine Record" to be a handy online tool. My Medicine Record can be found at <http://www.fda.gov/drugs/resourcesforyou/ucm079489.htm>. Save it to your computer, and be sure to keep it updated. Print it out and keep it with you for when you visit your doctor, pharmacist or other healthcare professional.

It's critical to your health to communicate with healthcare providers about all prescription and non-prescription medications, vitamins and herbal supplements. It helps ensure medicines are given and used correctly.

Be an informed health consumer. Contact your local West Virginia University Extension Service county office to learn about other health-related publications and programs.

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