



Prevention Is Cheaper Than Disease

by Joey Parton

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Prevention is cheaper than disease: eat veggies & fruits now! In what may be the first study to connect diet with the cost of health care, researchers found that men who ate more fruits and vegetables (about 1 1/2 cups a day) in middle age ended up saving thousands of dollars a year in medical bills after age 65.

The men who ate the most fruits and vegetables in 1959 paid an average \$11,416 a year in Medicare medical costs from 1984 to 2000, which was an annual individual savings of \$3,239 over the \$14,655 paid by the men who ate the least.

Risk factors such as age, obesity and smoking didn't affect the data, says lead researcher Martha L. Daviglus, M.D., Ph.D., of Northwestern University.

In a June report to the American Heart Association, she says the findings support today's "five-a-day" dietary guidelines. -- Peggy J. Noonan

Prevention can save you a lot of money later!!!!