## Well News - All the news that's fit

by Scott LaFee

MEDTRONICAMichael J. Fox Foundation - www.michaeljfox.orgFox is a well-known actor who suffers from Parkinson's disease, a chronic, progressive disorder of the central nervous system. Fox's foundation presents a well-organized Web site on Parkinson's research and prospects for a cure.

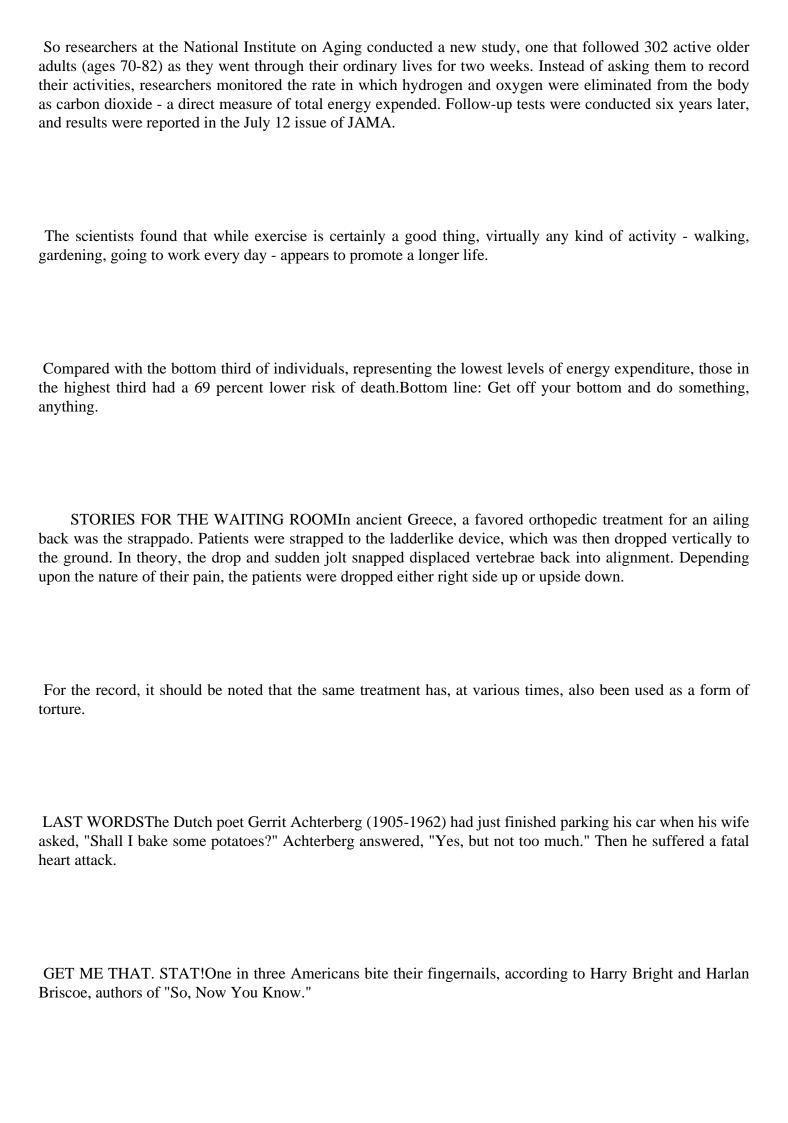
GENERICALLY SPEAKING- Half of all prescription drugs purchased in the United States are generic.- The average variation in bio-equivalence (the delivery of the same amount of active ingredient in the same amount of time) between brand-name and generic drugs is 3.5 percent.- Of the 11,167 FDA-approved drugs on the U.S. market, 8,400 have generic counterparts.- Most drugs are patent protected for 17 years before generic versions can be produced.- At an average cost of \$28.74, a generic drug is 70 percent cheaper than its brand-name counterpart.- An estimated \$8 billion to \$10 billion could be saved by American consumers choosing generic drugs over brand names.

Source: Proto/Massachusetts General Hospital

BODY OF KNOWLEDGEHair and nails are the only two places in the human body without red blood cells.

PHOBIA OF THE WEEKThermophobia - fear of heat

ENERGY TO LIVE - Scientific research has found that while exercise is certainly a good thing, virtually any kind of activity †walking, gardening, going to work every day †appears to promote a longer life. CNS Photo. For years, various observational studies have shown a link between exercising and living longer. The problem with such studies has been that they tend to rely upon self-reporting: Participants keep a record of their physical activity, and weren't always accurate.



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