
What's new in over-60s health

March 2009

We bring you the most up-to-date facts on prostate cancer testing. Also this month we investigate medications for osteoarthritis, and we look at the best ways to stay healthy after a heart attack.

Staying healthy

If you've had a heart attack, you'll want to do all you can to be sure it doesn't happen again. There are plenty of things you can do to keep healthy. [Find out more.](#)

What's the evidence?

How good are medications for osteoarthritis? If you have this painful condition, you'll probably know there are many different treatments. But what really works to keep the pain under control and let you get on with your life? We take a look at the [evidence.](#)

Did you know?

Prostate cancer is one of the most common cancers American men get. But how much do you know about the tests used to detect it? [Check whether you or your partner should get a prostate cancer test.](#)

What's in the news?

Could eating more fruits and vegetables help keep your bones strong? New research suggests there could be more benefits to a healthy diet than we realized. [Find out more in our blog.](#)