

## Secrets Revealed by Health Fair Labs

Ask any doctor if they know a patient who skirted a serious health issue because they attended a health fair and you'll likely hear yes. It's true for Dr. Elise Sullivan, Family Medicine Physician with TMH Medical Clinic.

"I had a patient whose results from a **complete blood cell count** showed that she was anemic—or low iron. I advised her to get a colonoscopy, because if you are over 50 and anemic that can be a clue that you have colon cancer. That was the case, and she was able to receive treatment," says Dr. Sullivan.

Other conditions discovered from lab tests received at health fairs commonly include diabetes, high blood pressure and high cholesterol, discovered by a **blood chemistry screening**. People often don't know they have these conditions because they don't cause symptoms.

"The goal of attending a health fair is to rule out health conditions or treat them before they have such serious results as a stroke or heart attack," she adds.

Many people have caught pre-diabetes or diabetes via the **hemoglobin A1C** screening test before it becomes full-blown diabetes.

"If you catch diabetes early and get your sugars down to normal levels, you can likely live out your life without complications. Yet if your sugars are high for a couple years it can cause permanent nerve, eye or kidney damage," Sullivan states.

Come to the health fair and leave with peace of mind or a plan in hand. Either way, you'll be better off.



Dr. Elise Sullivan will review all lab results to check for abnormalities. You will receive a letter if your lab results are normal. Dr. Sullivan, along with a registered nurse, will call patients with an abnormal result or a result that needs attention.



Saturday, April 11

7:30 am – 12:00 pm

The Memorial Hospital at Craig  
750 Hospital Loop

Pre-registration is suggested. Use the enclosed registration form or download forms at <http://www.thememorialhospital.com/community/health-fair>.

### Education and Information Stations

- Blood Draws (details inside)
- Height, Weight, Blood Pressure, BMI Evaluation
- Body Composition Scan Vouchers. Body Scans can be scheduled between April 13 - September 30, 2015.
- TMH Foundation Donation Information
- Healthcare Decision and Release of Information
- EMS/Life Line and Vial of Life
- Victim's Advocate Support Information
- Breast Health Information
- Operating Room Tours
- Eyeglass Donations

Bring in a copy of the newsletter to the health fair and you'll receive a **free** gift!

## Blood Chemistry Screening: \$25

Includes tests to screen kidney function, liver function, thyroid function and overall nutritional status. It also includes glucose (blood sugar), cholesterol, triglycerides, and iron levels.

## Blood Cell Count Screening: \$10

Includes:

- White Blood Cell count (abnormalities can be related to infections and some cancers)
- Red Blood Cell count (abnormalities can be related to anemia, polycythemia and some cancers)  
*NOTE: Polycythemia is a condition where a person makes too many red blood cells.* This also includes measurements about the size and the uniformity of red cells.
- Platelet count (abnormalities can be related to bleeding disorders, clotting disorders and some cancers)

## Hemoglobin A1C: \$20

This measures the average glucose level for approximately the past three months. It can be used to monitor effectiveness of diabetes treatment. It can also be used to help diagnose diabetes.



## PSA: \$10

This test helps screen for prostate cancer. Other conditions can elevate PSA levels. Therefore, it is not diagnostic and does not replace an exam by a health care provider. It can also monitor the effectiveness of treatment. It is recommended that you discuss whether you should have a PSA test with your primary physician. The test is recommended for men 50-69 years of age.

## Vitamin D: \$40

Vitamin D is vital for strong bones. It also has important emerging roles in immune function and cancer prevention. Deficiencies at any stage of life can have devastating consequences. Similarly, vitamin D toxicity resulting from overmedication can cause serious hypercalcemia (high calcium levels). Benefits of Vitamin D also include:

- Increased bone mineral density
- Reduced fractures and falls

## Senior Blood Draw

**Where:** Sunset Meadows 2, 595 Ledford St.

**When:** Thursday, April 9, 7:00 - 10:00 a.m.

**Pre-registration, Saturday, April 4th, 10:00 a.m. - 12:00 p.m.**

*Note: Pre-registration is recommended.*

All blood tests offered at the health fair will be available. We will also provide free blood pressure screenings.

**Pre-registration is strongly encouraged!** Send or fax this form to the hospital (see address at bottom of form) or fill it out online.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Male  Female Date of Birth (MM/DD/YYYY) \_\_\_\_\_ Age: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Day Time Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Email: \_\_\_\_\_

	Select "X" Requested Testing	Amount	Total	Payment Method
<b>GROUP A TESTS</b>				<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Voucher <input type="checkbox"/> Visa/MC Card # _____ Exp. Date: _____ 3-Digit Security Code: _____
<input type="checkbox"/>	Blood Chemistry Screening (GLD)	\$25	\$	
<input type="checkbox"/>	Blood Cell Count Screening (LAV)	\$10	\$	
<input type="checkbox"/>	Vitamin D Screening (GLD)	\$40	\$	
<input type="checkbox"/>	Hemoglobin A1C (LAV)	\$20	\$	
<input type="checkbox"/>	All Group A Tests Discount Price if registered by 4/8/15 (Save \$10)	\$85	\$	
<b>GROUP B TESTS</b>				
<input type="checkbox"/>	PSA Screening <b>MEN ONLY</b> (GLD)*	\$10	\$	
<input type="checkbox"/>	<b>NO BLOOD</b>	<b>TOTAL \$</b>		

\* The PSA test has been widely used to screen men ages 50-69 for prostate cancer. It is also used to monitor men who have been diagnosed with prostate cancer to see if their cancer has come back after initial treatment or is responding to therapy. Some advisory groups now recommend against the use of the PSA test to screen for prostate cancer because the benefits, if any, are small and the harms can be substantial. None recommend its use without a detailed discussion of the pros and cons of using the test.

# of Hours Fasting: \_\_\_\_\_ **A 12 hour fast is recommended but not required. Diabetics should not fast.**

## CONSENT & RELEASE

I request and grant **permission** to The Memorial Hospital and volunteers and organizations participating in Craig's Community Health Fair to perform certain health screenings for me. I understand that my personal identifying information and test results will be confidential.

In the event of an accidental needle puncture or other biohazard exposure, I authorize additional precautionary testing of the sample.

I understand that **health screenings** will be performed at no charge to me, except for the optional blood analysis, colon cancer screening kit, and /or any other special screenings for which a fee is charged. Third party payers will not be billed. I also understand that health screenings can provide only certain preliminary measurements, and cannot be relied upon to diagnose the existence or absence of any medical condition. I understand that my participation in Craig's Community Health Fair is not a substitute for examination by a healthcare professional/provider, and that I alone am responsible for obtaining, from a doctor or other qualified healthcare professional/provider, medical information or services concerning: (1) any aspect of my health, and (2) any information I may receive from Craig's Community Health Fair.

In return for being given free or low-cost health screenings, I **release** The Memorial Hospital, corporations and organizations sponsoring or participating in Craig's Community Health Fair and all of their employees, officers, directors, trustees, volunteers and agents (the "Released Parties") from any and all claims, demands or assertions of liabilities which I or my representatives might make, including claims of **NEGLIGENCE**, arising from, or based in whole or in part on, my participation in Craig's Community Health Fair, results of Craig's Community Health Fair screenings, any statements made to me by any health fair agent, employee or volunteer, nondisclosure to me of any information, my receipt or non-receipt of any information from Craig's Community Health Fair, any event or circumstance that may occur while I am present at the Craig's Community Health Fair site, or any other act or omission of any of the Released Parties.

**I am 18 years of age or older, and I have read, understand, and agree to the foregoing consent and release.**  
**If you'd like to keep a copy of your form, please make a duplicate before coming to the Health Fair.**

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_ Witness Signature \_\_\_\_\_ Date \_\_\_\_\_

**NOTICE TO ALL MEDICARE PART B BENEFICIARIES:** I understand that should I go to my physician and/or healthcare provider, Medicare allows a screening occult blood test every twelve (12) months; screening cholesterol, triglycerides and HDL tests once every five (5) years; screening glucose tests under certain conditions once every twelve (12) months; and a screening Prostate Specific Antigen test (PSA) once every twelve (12) months for males who are over fifty (50) years of age.

**MEDICARE WAIVER:** I have been informed and understand fully, that NO claim will be filed on behalf, NOR will I file a claim with Medicare or my Supplemental Insurance. I voluntarily take full financial responsibility for the screening(s) I have ordered, even if Medicare would have paid for any or all of these tests, had I gone to my physician or healthcare provider. I therefore, of my own will, refuse to authorize the The Memorial Hospital to submit a claim to Medicare on my behalf.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please send registration to:** TMH Scheduling Department, 750 Hospital Loop, Craig, CO 81625 or fax to (970) 826-3159.  
**Payment must be included with registration. Please make a duplicate before submitting your registration.**

\*\*\*\*\*ECRWSSDDM\*\*\*\*

Residential Customer  
Craig, CO 81625

# Body Composition Scans Offered

A body composition scan can measure the amount of fat in your body. Higher amounts of fat, especially around the waist area, can put patients at a higher risk for heart disease, diabetes and certain types of cancer.



Body composition scans are being offered to Community Health Fair participants at a reduced cost - \$40. This is a savings of over \$50!

Body composition scans provide the following information:

- Body Mass Index (BMI)
- Total Body Bone Density
- Total Body Fat Mass Ratio

These scans will not be read by a radiologist. The information will be sent directly to the primary care provider that you specify at the time of the scan. You can follow up with your primary care provider after the test.

Body composition scans will not be billed to insurance and must be paid for at the time of service. Pick up a voucher at the health fair and redeem it anytime before September 30, 2015.

**Questions? Call Diagnostic Imaging Manager Katrina Geis at 826-2231.**

## 2015 Schedule of Events

### 7:30 a.m.

Doors open. Health Fair participants should enter through the east-side patio door (to the left of the main entrance).

### 7:30 a.m. - 12:00 p.m.

Blood Draws/Lab Services - If you are coming to have your blood drawn for health screenings, please remember that 12 hours of fasting is recommended.

### 7:30 a.m. - 12:00 p.m.

Booth Activities and Education Stations  
*If you are interested in having an education booth, contact Jennifer Riley at 826-3109 for more information.*

Bring in a copy of the newsletter to the health fair and you'll receive a free gift!



the memorial hospital  
medical clinic  
rehabilitation center

 [www.facebook.com/TheMemorialHospital](http://www.facebook.com/TheMemorialHospital)

 @TMHCraig

For more information and for online registration forms, visit [www.thememorialhospital.com/community/health-fair](http://www.thememorialhospital.com/community/health-fair)