

## Take Charge of Your Health at the Health Fair

If you knew a natural disaster was coming, would you want a warning so you could protect yourself and your family from harm? What about if you knew a disease was about to take your body by storm? In both situations, having warning and taking action are keys to staying safe and healthy.

“At the Health Fair, we can discover conditions that lay silent without symptoms. You can’t feel high cholesterol or early rising blood sugar levels, but left untreated they can result in kidney damage from diabetes or heart attacks from heart disease,” says Dr. Elise Sullivan, TMH Medical Clinic.



*continued on page 3*

## March into Health! Blood draws available entire month of March

No longer do you just have one day to get your labs done. This year, during the entire month of March, we will be completing lab draws. Appointments for walk-in lab draws will be available Monday – Friday from 6:00 am – 10:00 am at The Memorial Hospital Lab. Weekend lab draws are also available by appointment. To schedule your lab draw, call 826-3150.

When you arrive at the hospital, you’ll complete your registration form, register and pay your fee. Then, you’ll pick up results at the Health Fair! TMH medical personnel will be available to go over your lab results with you that day.



Get your health screenings scheduled in March.



A medical professional will review your health screening results with you at our Annual Health Fair! April 16, 8:00 am - noon



COMMUNITY  
HEALTH FAIR  
BROUGHT TO YOU BY THE MEMORIAL HOSPITAL

Saturday, April 16

8:00 am – noon

The Memorial Hospital at Craig  
750 Hospital Loop

Pick up your lab results at the health fair and meet with a provider to review those results. You can also visit education and information stations. There is no cost to attend the health fair.

### Education and Information Stations

- Free chair massages!
- Free height, weight and blood pressure measurements
- Visit with local health and wellness vendors
- EMS/Lifeline, Vial of Life
- Victim’s Advocate Program
- TMH Foundation



**Dr. Elise Sullivan** will review every single lab report to check for abnormalities

prior to the health fair. Nurses will be available to review your results at the fair.

## Blood tests available this year include:

### Blood Chemistry Screening (\$25)

Includes: Glucose, Blood Urea Nitrogen, Creatinine, Sodium, Potassium, Chloride, Calcium, Total Protein, Total Bilirubin, Iron, Liver Enzymes, Cholesterol, Triglycerides and Thyroid

### 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 is a test that can help screen for prostate cancer. Other conditions can elevate PSA levels. Therefore, it is not a diagnostic test and does not replace an exam by your healthcare provider. It can also monitor the effectiveness of treatment. *Please note: The American Cancer Society no longer recommends this test for men who have no symptoms.*



### 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 have also included:

- Increased bone mineral density
- Reduced fractures and falls

### NEW THIS YEAR!

### HIV (\$30) and Hepatitis C (\$20)

Also available this year are HIV and Hepatitis C testing. The U.S. Task Force on Preventative Health Care recommends these tests. Both of these illnesses are treatable, and those who test positive for either illness can reduce the spread to other people by receiving treatment. Note: positive HIV or Hepatitis C results are required to be reported to the Colorado Department of Health.

## Community Blood Draws

### Sunset Meadows II, Senior Blood Draw

Where: 595 Ledford St.  
When: Thursday, April 14, 7:00 - 10:00 am  
Pre-registration: Saturday, April 9th,  
10:00 am - noon

### KRAI Spring Expo Event Blood Draw

Where: Centennial Mall - TMH Rehabilitation  
Center  
When: Saturday, March 19, 8:00 - 11:00 am  
Come early for your blood draw, and stay for  
the Spring Expo that starts at 9:00 am.

# Take Charge of Your Health at the Health Fair

*continued from the cover*

It feels good to take control of your own health by getting annual labs and health screens. Seeing positive results is comforting, and catching something early makes you feel like you dodged a bullet.

“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,” Sullivan says.

This year, lab screenings are offered at TMH the entire month of March, and providers are on hand at the Health Fair to review your results. Sitting down with an expert face-to-face and checking in on your overall health is an opportunity you won’t want to miss.

“The Health Fair tests are a good snapshot of your health especially in terms of silent conditions that lead to diabetes, cancer and stroke as well as catching

concerns with your liver or thyroid,” Sullivan says.

Blood chemistry screenings can catch diabetes, high blood pressure and high cholesterol. 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 says.

***Join us for our 4th annual community Health Fair!***



## TMH Welcomes New Primary Care Providers



*Carol with daughter Christine and husband William*

**Carol Bolt, PA-C,** joins The Memorial Hospital’s Medical Clinic team as a new physician assistant in family medicine. As a working PA since 1997, she brings a variety of expertise and skills to new patients.

“While in the middle of my surgical rotation, my mother and I got in a car accident and she needed surgery after a few weeks stay in the ICU. Going through that experience still influences how I treat my patients today. I ask myself, what would I want for my family,” Bolt says.

While getting her PA degree at D’Youville College in Buffalo, New York, she completed a mini-fellowship in dermatology. She worked closely with a dermatologist who taught her to perform skin evaluations, biopsies and laceration repairs. She’s highly skilled in family medicine, among other areas.



**Jim Zimmerman, PA-C,** joins The Memorial Hospital’s medical team as a new physician assistant in TMH’s Walk-in Clinic. As a skilled PA who is a native of Craig, Jim brings strong experience

in several areas of medicine.

“As a Craig native, I have a strong interest in helping to provide high quality healthcare to my hometown residents. I am happy to contribute to the success of TMH, and to join a strong local healthcare team,” Zimmerman says.

Over the past several years, Jim has worked as a PA in various clinics around Craig, CO and Baggs, WY. He has family and lifelong friends from Craig, having graduated from Moffat County High School. He has practiced in many areas of medicine, including family medicine, rural health, emergency/urgent care, orthopaedics and neurosurgery.

***Come meet our new physician assistants at the Health Fair.***



750 Hospital Loop  
Craig, CO 81625  
(970) 824-9411

www.thememorialhospital.com

PRSR STD  
ECRWSS  
U.S. POSTAGE  
**PAID**  
EDDM RETAIL

\*\*\*\*\*ECRWSEDDM\*\*\*\*  
  
PO Box Holder  
Craig, CO 81626

# Get Scanned for the Health of It

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 you. 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, 2016.

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

## Saturday, April 16, 2016 Schedule of Events

### 8:00 am

Doors open. Health Fair participants should enter through the main entrance.

### 8:00 am - noon

Attend booth activities and education stations. Pick up lab results. TMH Medical Providers will be on site to review your results.

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



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

@TMHCraig

[thememorialhospital.com](http://thememorialhospital.com)