

March Into Health!

Take Charge of Your Health at the Health Fair

It's that time of year again – the Community Health Fair will take place on **April 1st** (no joke). The health fair is a good time to get information about your health and learn about the next steps to take to promote a healthy future.

From **March 1 through 24**, come into the hospital to have your blood drawn during our March Into Health event. Lab draws are available every day from 6:00 - 8:00 am. Appointments are recommended but not required for walk-in lab draws Monday – Friday, but are required on Saturday and Sunday. To schedule your lab draw, call 970-826-3122. Lab services are discounted to make these screenings as affordable as possible.

“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,” Dr. Elise Sullivan, MRH Medical Clinic states. Many people have caught pre-diabetes via the hemoglobin A1C screening test before it becomes full-blown diabetes.

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Dexa Scans

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 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 any time between April 3, 2017 and September 30, 2017.

Questions? Call Diagnostic Imaging Manager Katrina Geis at 970-826-2231. To schedule, call 970-826-3150.


COMMUNITY
HEALTH FAIR
BROUGHT TO YOU BY THE MEMORIAL HOSPITAL

Saturday, April 1

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, Information and Wellness Stations:

- **FREE** health screens including height, weight, blood pressure, vision, cardiac risk assessment, and foot checks for neuropathy, pedal pulses, calluses and toenail problems
- **FREE** chair massages
- Health and wellness vendors
- MRH Foundation



Dr. Elise Sullivan

will oversee the review of every single lab report, checking for

abnormalities prior to the health fair. Nurses will be available the day of the health fair to review your results with you.

Blood tests available this year include:

Blood Chemistry Screening (\$25)

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

MRH Laboratory has chosen to replace iron with ferritin to test for anemia status. A review of professional literature indicated that ferritin is considered the most reliable indication of true iron deficiency. Serum iron has a tendency to be falsely elevated in the morning, by hydration status, and by recent ingestion of iron supplements.

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.

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



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

Screening tests only. 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.

Colon Cancer Screening Kit (\$20)

Blood in stool can indicate possible colon cancer. This test screens for the presence of blood.

Special Dates for Residents at Sunset Meadows

We invite you to participate in our annual community health fair.

Saturday, March 25th

10:00 am – noon
Sunset Meadows
Pre-register for the blood draw,
discounted fees may apply

Thursday, March 30

7:00 – 10:00 am
Sunset Meadows
Blood draw

Saturday, April 1st

8:00 am – noon
The Memorial Hospital
Attend our annual health fair
to receive your test results and
visit with medical staff to review
those results. There will also be
education and information stations.

Take Charge of Your Health at the Health Fair

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Your results will be ready at the Community Health Fair, which will be held Saturday, April 1st. With an MRH provider on hand to go over your results, you can learn if you are on track or if a plan needs to be implemented to promote a healthy lifestyle.

In addition, the health fair will feature health and wellness vendors and speakers who will provide information on a wide variety of health and wellness topics.

Come to the health fair and leave with peace of mind or a plan in hand. Start off the first part of your year with knowledge to empower your health for the rest of 2017.



Join us for our 5th annual Community Health Fair!

Featured Providers



Derek Harper, DPM

joins Memorial Regional Health's Medical Clinic. Derek will serve as the one and only podiatrist for both Craig and Steamboat. He comes to us with a strong background in complex foot and ankle surgeries and effective skills in treating a variety of common foot and ankle issues.

Offices in Craig and Steamboat!



Cynthia Reed, DO

isn't brand new to The Memorial Hospital at Craig, but she is a new addition to the team of family medicine providers at the Medical Clinic. She's won awards for her ability to listen and provide outstanding patient care.

Dr. Reed has evening and alternating Saturday appointments available.



Carol Bolt, PA-C

is a seasoned medical professional, and knows how to handle anything that comes her way. She has specialties in family medicine, diabetes and dermatology.

Same Day Appointments Available.



memorial regional health

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www.thememorialhospital.com

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Craig, CO 81626

Podiatry - Now Offered at the Medical Clinic!

Your feet are literally the foundation of your body, carrying you through your days. Dr. Derek Harper treats all conditions of the foot and ankle.

General Podiatry Services

- achilles tendonitis
- injuries to the foot & ankle
- arthritis
- diabetes & geriatric foot care
- orthotics
- plantar fasciitis (heel spur) & sesamoiditis
- shin splints & stress fractures
- various conditions of the foot and toes

Foot & Ankle Surgeries

- simple & complex surgeries for a variety of conditions
- total ankle replacements
- arthroscopic surgery
- foot & ankle fractures
- reconstructive surgery for trauma & disease



podiatry clinic

MEMORIAL REGIONAL HEALTH

TMH Adopts a System Name to Reflect Growth



memorial regional health

The Memorial Hospital Board of Trustees recently voted to adopt a new system name, Memorial Regional Health (MRH). Adopting a system name unifies the organization's expanding clinics and centers under one name, and allows for future growth.

"Through our strategic planning process, we realized that our current name and vision statement was not inclusive of who we are today or what we hope to be. We are more than just a hospital. We aspire to serve more patients and we want to be a force for healthcare in our region," says Andrew Daniels, MHA, FACHE, Chief Executive Officer for the new system.

The name change will be paid for out of the general operating budget, so changes will happen over time within about 12 to 18 months. Items will be replaced sensibly, through attrition, as materials need to be replaced. The names of the various clinics and centers will not change.

"The hospital will continue to be known as The Memorial Hospital at Craig, an entity within Memorial Regional Health," says Jennifer Riley, Vice President of Hospital Operations.



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