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SHERIDAN HEALTH FAIR WELLNESS SCREENINGS HELD YEAR-ROUND

Sheridan Memorial Hospital is announcing year-round health fair wellness blood screenings beginning July 1. The tests will be performed every week Tuesday through Friday in the lab at the hospital's Medical Arts Complex, 1333 West 5th Street – just east of the hospital. Hours for these tests are 6:30 am to 9:30 am.

“It all comes down to convenience for our customers. In the past we have had a block of days in August where we did blood screenings in the hospital lobby. If people were out of town or unable to come during those few days, they were able to go to the Medical Arts Complex lab on Wellness Fridays – but as the years went on, those Fridays became very busy – so we decided that it might be much more convenient for people to have their blood drawn at the time of year that was most convenient for them,” according to Community Relations Coordinator, Cecile Pattison

Appointments are required and can be made by calling the Health Fair Wellness appointment line at (307) 675-4675 weekdays from 8 a.m. to 4:30 p.m.

The most popular test, the Wellness Panel, provides information used by healthcare providers to measure a person's overall health. It includes 29 different tests which screen liver, kidney, muscle, bone, electrolytes, thyroid, heart (including cholesterol and triglycerides), pancreas and screening for gout. The fee for the wellness panel is \$50.

A 12-hour fast is required for the Wellness Panel, this means not eating or drinking anything except water for 12 hours preceding the blood draw. “We do encourage people to drink lots of water during their fast. The fluid assists with the draw and hydrates the veins,” Pattison added. People on prescribed medications should continue taking them as directed and people with diabetes do not have to fast.

“The Complete Blood Count (CBC) is being offered for an additional \$15. The CBC tests for anemia (hematocrit and hemoglobin), as well as providing white and red blood cell counts,” according to Pattison.

Men also have the option of a Prostate Specific Antigen (PSA) blood screening for an additional \$30. This blood test measures a specific protein that is produced by the male prostate gland. The recommended age for this screening varies from 45-50, depending on an individual's risk factors. Participants should talk with their doctor about prostate screening.

The Diabetic Management Panel, which includes the Hemoglobin A1C and Glucose, is recommended four times a year for diabetics and measures blood sugar control for the previous 3 months. Participants who are unsure if they need this test should check with their physician. Cost for that test is \$35.

New Beginning July 1, 2014

“We also have the Vitamin D Test that provides a total level of Vitamin D found in a patient's blood serum as well as providing information on the levels of Vitamin D2 and Vitamin D3 in blood serum, which is helpful for physicians prescribing therapy for Vitamin D deficiency,” Pattison added.

Vitamin D is a fat-soluble vitamin that is made by the body after exposure to ultraviolet rays from the sun. Vitamin D can also be obtained by taking supplements and from eating certain foods.

Vitamin D helps maintain normal blood levels of calcium and phosphorous. It aids in the absorption of calcium, helping to form and maintain strong bones. Vitamin D also modulates neuromuscular, immune and other cellular functions. Persons who are not sure if they need this test should check with their physician. Cost is \$50.

Because these screenings are offered at a reduced rate, payment is required at time of service - cash, check, debit or credit cards are accepted. The screenings are not covered by Medicare.

“Screening and early detection of risk factors for future health problems are the best way to assist individuals in making positive lifestyle changes which can help them lead healthier lives,” Pattison says. Sheridan Memorial Hospital recommends that individuals share results with their personal physicians for maximum benefit.

Blood draw results will be mailed directly to participants within one week of their blood draw. Results will also be provided to your physician upon your request.

For more information on available tests and costs go to the hospital's website: www.sheridanhospital.org and click on the Health Fair icon.