

# “Show Me” Health

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## Adult Wellness Clinic

Health screenings are an important part of maintaining good health, especially as you get older. Many deaths could be prevented if people got simple, regular health screenings as recommended by your doctor.

Health screenings can detect problems early, when chances for successful treatment are greatest. For example, colon cancer is the most preventable type of cancer, but many times few symptoms occur early when it is its early most treatable stage. A routine exam can detect a colon polyp (growth) before it becomes cancerous, and it can be easily removed.

Heart disease is the leading cause of death in Missouri, but people who routinely have their blood pressure and cholesterol checked, and treated if necessary, improve their chances of preventing and controlling conditions that could cause a heart attack.

When you get the health screenings recommended for you, you're taking a simple but very important step toward a better quality of life and quite possibly, a longer life.

It's never too late to get the health screenings you need. The first step is to visit your health care provider to discuss the tests that are right for you based on your age, gender and family health history.

Getting recommended health screenings can...

- \* Discover health problems earlier when they are easier to treat.
- \* Provide important information to help you stay healthy now and in the future.
- \* Reduce your risk of developing some types of cancer including colon cancer.
- \* Detect high blood pressure and high cholesterol and help determine the best treatment, which can reduce your chances of having a heart attack or stroke.
- \* Discover diabetes, which can help you better manage and control the disease and avoid many of its complications.

The health center is holding this year's second **Adult Wellness Clinic on Thursday, July 30th from 7 a.m. to 10 a.m.** You can receive several screenings recommended for adults at this clinic. We will be offering routine blood testing including:

**CBC/Chem Profile: \$30**

The CBC/Chemistry Profile is the most comprehensive blood test. It's inexpensive and measures 35 different blood parameters that can have a powerful impact on the state of your health. Some common body functions included are liver enzymes, cholesterol including LDL/HDL, total cholesterol and triglycerides; blood sugar, complete blood count and thyroid function. For more specific information, call the health center at 646-5506 and ask to speak to a nurse.

**PSA for Men-\$15**

The PSA test measures the level of prostate-specific antigen in the blood, a prostate cancer marker.

**Hemoglobin A<sub>1</sub>C-\$12**

A hemoglobin A1C test gives diabetics a picture of average blood glucose control for the past 2 to 3 months. The results give a good idea of how well a diabetes treatment plan is working.

Fasting after midnight is required for all blood tests. Snacks and beverages will be available at the clinic.

**Blood Pressure Screening: No Charge**

High Blood Pressure, or hypertension, is often called the silent killer, because there can be no symptoms. Adults of all ages should have their blood pressure taken regularly.

Be sure to take advantage of this opportunity to get a comprehensive blood panel at an affordable charge. Make the first step in taking charge of your own health!

More information about the health screenings you need can be found at:  
[www.ahrq.gov/ppip/adguide](http://www.ahrq.gov/ppip/adguide) or <http://lifedependsonit.com/>.