

## Fall Health Fair Scheduled

The 2021 Fall Health Fair in Cheyenne County will be held November 16-18, 2021, for blood lab draws and the entire month of December for women and men health exams. The blood draws will be conducted from 6:30 a.m. to 9:00 a.m. each day with no appointment needed. **Please drink only water the night before and the morning of lab draws. Take your prescription medication as directed before lab draws with water.** Health fair exams for men and women will only be by appointment and will need scheduled through the Cheyenne County Clinic. Payment is due at the time of service due to a much reduced rate and will not be billed to insurance.

Saint Francis will host the blood draws on November 16<sup>th</sup> & 17<sup>th</sup> at the Cheyenne County Health Department – no appointment necessary. Bird City will host the blood lab draw on November 18<sup>th</sup> in the Bird City Clinic. There is no appointment needed for the lab draws in Bird City as well. **Please drink only water the night before and the morning of lab draws. Take your prescription medication as directed before lab draws.** No other food or drink should be consumed after midnight the night before your blood draws. Blood lab tests are generally done for one of the following reasons; To screen for a disease; to help rule out a disease or condition; to assess the severity of a disease; to monitor the progression of a disease, how well an organ is working, or if treatment is helping; to find the cause of symptoms; and to confirm a diagnoses.

The labs offered during the blood draws will include;

**Chemistry Panel or Comprehensive Metabolic Panel** – Chemistry panels are groups of tests that are routinely ordered to determine a person's general health status. They help evaluate the body's electrolyte balance and/or the status of several major body organs.

- **Glucose** – To determine if your blood glucose level is within a healthy range; to screen for, diagnose, and monitor high blood glucose (hyperglycemia) or low blood glucose (hypoglycemia), diabetes, and pre-diabetes.
- **Calcium** – one of the most important minerals in the body essential for proper function of the muscles, nerves, and the heart. It is required in blood clotting and in the formation of bones.

### Proteins:

- **Albumin** – to screen for and help diagnose a liver disorder or kidney disease; sometimes to evaluate nutritional status
- **Total Protein** – to determine your nutritional status or to screen for and help diagnose certain liver and kidney disorders as well as other diseases

### Electrolytes:

- **Sodium** – to determine whether your sodium concentration is within normal limits and to help evaluate electrolyte balance and kidney function
- **Potassium** – helps evaluate an electrolyte imbalance; to monitor chronic or acute hyperkalemia or hypokalemia
- **Carbon Dioxide** – helps to maintain the body's acid-base (pH) balance.
- **Chloride** – helps to regulate the amount of fluid in the body and to maintain the pH balance.

### Kidney Tests:

- **Blood Urea Nitrogen** – To evaluate kidney function; to monitor the effectiveness of dialysis and other treatments related to kidney disease or damage
- **Creatinine** – To determine if your kidneys are functioning normally and to monitor treatment for kidney disease

**Liver Tests:**

- **ALP** – To screen for or monitor treatment for a liver or bone disorder
- **ALT** – To screen for liver damage and/or to help diagnose liver disease
- **AST** – To detect liver damage and/or to help diagnose liver disease
- **Bilirubin** – To screen for or monitor liver disorders or hemolytic anemia

**Lipid Profiles:** this is a test that assesses your risk of developing cardiovascular (heart) disease and stroke.

- **Total Cholesterol** – measures all of the cholesterol in all the lipoprotein particles to screen for risk of developing heart disease .
- **High Density Lipoprotein (HDL)** – this is the “good cholesterol” it removes excess cholesterol and carries it to the liver for removal.
- **Low Density Lipoprotein (LDL)** this is the “bad cholesterol” it deposits excess cholesterol in walls of blood vessels, which can contribute to hardening of the arteries.
- **Triglycerides** – measures all the triglycerides in all the lipoprotein particles; most of which is in the Very Low Density Lipoproteins (VLDL).

**TSH** – this test is to help evaluate thyroid gland function as to “hypo or hyper” thyroidism due to a condition affecting the thyroid.

**Complete Blood Count (CBC):** To determine your general health status; to screen for, diagnose, or monitor any one of a variety of diseases and conditions that affect blood cells, such as anemia, infection, inflammation, bleeding disorder or cancer

**Hemoglobin** - To evaluate the hemoglobin content of your blood as part of a general health checkup; to screen for and help diagnose conditions that affect red blood cells (RBCs); if you have anemia or polycythemia, to assess the severity of these conditions and to monitor response to treatment

**A1C** – To monitor a person's diabetes and to aid in treatment decisions; to diagnose diabetes; to help identify those at an increased risk of developing diabetes

**PSA** - The Prostate-Specific Antigen (PSA) testing in males is done to test for prostate cancer.

**COVID-19 Antibody Testing:** Test to see if you have had the COVID virus. (\$84.00 extra fee for COVID-19 testing)

**“Baby Boomers” and Others:** Hepatitis C Testing (\$40.00 extra fee for testing of Hepatitis C)

The women and men health exams will be conducted in both the Saint Francis Clinic and the Bird City Clinic **by appointment only**. This year, the women and men exams will be held the entire month of December. Please call the Saint Francis Clinic as 785-332-2682 or the Bird City Clinic at 785-332-2306 to make your appointment.

The health fair services offered during the blood lab draws and exams on those specific days will be offered at a much reduced cost. The blood draw fees are \$60.00 and the men and women exam fees are

\$35.00. Health fair fees are due at the time of service and will not be billed to insurance. Please Note: The Covid-19 Antibody testing, and Hepatitis C testing are extra fees. For more information, please contact the Cheyenne County Health Department at 785-332-2381.