

Health Fair 2007

It's once again time for the annual Montrose Memorial Hospital Health Fair which is co-sponsored by the Montrose Pavilion. The Fair begins at 6:30 a.m. on Saturday, March 10 and continues until 12:00 noon. We will have over 30 booths that will provide health screenings and educational information. Come get your hearing checked, your eyes checked, your bone density checked, your blood pressure checked, that funny looking mole checked, and yes guys, you can even get your prostate checked. You will also receive information on nutrition, organ donation, cancer, stroke, MMH physicians and services, how to donate blood at MMH, cardiac rehab, and hospice. As always, I remind you that the Health Fair DOES NOT take the place of your regular physician visits – however, it can give you some basic information.

If you had your blood drawn at the early blood draws in February, don't forget to bring your results with you. Physicians will be available to review your results if you are interested. If you were not able to attend the early blood draws, we will also be drawing blood on March 10. We offer the same tests at the Health Fair that were offered at the Early Draws. The Blood Chemistry Profile, which includes the TSH (thyroid screen), is \$40, the PSA for prostate health is \$30, the CBC or complete blood count is \$20 and the Hemoglobin A1C, which is an additional screening for Diabetes is, \$35. Keep in mind that you may not need all of the tests - ask your care provider which test they think you should have. Remember that we will NOT bill any insurance – this includes Medicare. If you are participating in the blood draw, you do not need an appointment and remember-- you must not eat anything for 12 hours before the blood draw, however, we encourage you to drink lots of water and take your medications as you normally would.

Also new this year, Dr. Craig Peterson, Urologist will be offering a free community lecture at 1:00 p.m. on Treatment Options for Enlarged Prostates. The lecture will be held at the Pavilion and he will answer some of those questions that you may be too embarrassed to ask.

As always, I want to thank the wonderful volunteers and workers who help make this such a successful community event. We have over 100 volunteers who generously give their time to help register, direct, answer questions, label blood, provide information,

and do “whatever needs to be done.” If you get a chance, thank them for being there. Also, a huge pat on the back to the staff at the Montrose Pavilion. You couldn’t ask for a better group of people to work with.

We hope to see you on Saturday, March 10 at the annual MMH Health Fair.