

FARM BUREAU

LUCAS, OTTAWA, SANDUSKY AND WOOD COUNTIES

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FARM BUREAU HEALTH SCREENING BENEFIT

May 31, 2017

It is that time of year again to start thinking about you and your family's health. The St. Luke's Hospital, along with the Ohio Farm Bureau, are encouraging you to maintain a proper checklist of your health. Along this line, can you answer the following questions: What is your cholesterol? Blood pressure? Hearing? Vision? Each of these play an important part in your overall health scorecard.

This comprehensive health screening package, appropriately named "Healthy Heartland," is designed with you in mind! The cost of the basic screening package is \$75 (a \$400.00+ value) with optional lab work for a PSA, A1C, and a Vitamin D test (see enclosed page).

You may have a carotid vascular screening. If you have one of the following risk factors you should consider this test; over 50 years of age, a smoker, or a family history of vascular problems.

RESERVATIONS ARE REQUIRED AND WILL BE ACCEPTED:

Reservations are due by June 16th
St. Luke's Hospital (419) 897-8484

THE SCREENINGS WILL BE HELD ON THE FOLLOWING DATE AND TIME:

St. Luke's Hospital FRIDAY, JUNE 30 5:30 – 8:30 a.m.

The **blood work requires that you fast 10 - 12 hours** (NOTHING BY MOUTH, NO FOOD OR DRINK) and consists of a blood draw from the arm. Medications may be taken with a small amount of water as directed by your physician. Results will be sent to your home, and we encourage you to share them with your health care provider for his/her review and guidance. Our hospitals can also provide assistance in finding physicians that meet your needs.

We are happy to have numerous agricultural, healthcare professionals, and private organizations participating in this event. Refreshments will also be provided. We hope you are able to take advantage of this great opportunity! **The whole screening process should take approximately one to one-and-one-half hours.**

If you have any questions, please call (419) 849-2128.

Sincerely,

Kayla Richards, Organization Director
Lucas-Ottawa-Sandusky-Wood Counties

Enclosure

SCREENING COMPONENTS

Executive Lab Profile (components below)

Blood Pressure

Blood Glucose

Pulmonary Function Test

Vision Screening

Audiometric Test

Dietician

Osteoporosis Bone Screening

Chair Massage

Derma Scan

Stress Management Evaluation Screening

BASE PACKAGE PRICE \$75.00

ADDITIONAL TEST AVAILABLE WITH BASE PACKAGE

-PSA* (Prostate Specific Antigen- Males Only)	\$20.00
*Blood Test only	
- A1C	\$20.00
-Vitamin D	\$20.00
-Fit Kit (Colon Cancer Test) Replaces The Hemocult Test	\$10.00

A1C test result reflects your average blood sugar level for the past two to three months. Specifically, the A1C test measures what percentage of your hemoglobin – a protein in red blood cells that carries oxygen – is coated with sugar (glycalated). The higher your A1C level, the poorer your blood sugar control. And if you have previously diagnosed diabetes, the higher the A1C level, the higher your risk of diabetes complications.

Vitamin D is vital for strong bones. It is also has important, emerging roles in immune function and cancer prevention. Vitamin D deficiency has been associated with a wide range of medical conditions including heart disease, hypertension, diabetes, and cancer.

Executive Lab Work Profile

Complete Chemistry Series

Albumin/Globulin Ratio

BUN

BUN/Creatinine Ratio

Calcium

Chloride

Creatinine

Globulin

Iron

Phosphorus

Potassium

Sodium

Uric Acid

Hematology

Complete Blood Count

Differential

Platelet Count

Diabetes Management Screening

Glucose

Liver Function

Albumin

Alkaline Phosphatase

AST (SGOT)

Bilirubin, Total

Gamma-glutamyl Transferase (GGT)

Lactic Acid Dehydrogenase (LDH)

Protein, Total

Coronary Risk Assessment

HDL Cholesterol

LDL Cholesterol

VLDL Cholesterol

Cholesterol, Total

Triglycerides

Thyroid Function

T4

T3 Uptake

Free Thyroxine Index (FTI)

Thyroid-stimulation Hormone (TSH)