

Hospital Happenings

March 2009

It's once again time for the annual Montrose Memorial Hospital Health Fair. The Fair begins at 6:30 a.m. on Saturday, March 7 at the Montrose Pavilion. We will have over 40 informational booths that will provide health screenings and education. 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, cardiac rehab, and much more. 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. Care providers 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 7. We offer the same tests at the Health Fair that were offered at the Early Draws. The blood draws will begin at 6:30 a.m. and end at 11:00 a.m. Tests offered include; Blood Chemistry Profile, which includes the TSH (thyroid screen), for \$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 tests they think you should have. Remember that we will NOT bill any insurance – this includes Medicare, and we do not take credit cards. 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.

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.