



# Dickinson-Iron District Health Department

## Dickinson County

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***For Immediate Release***

## **Free Health Screenings No Income Requirements**

### **Promote Health and Prevent Disease**

Kingsford, Michigan – August 21, 2008. In partnership with UPCAP Services, Inc., UP Area on Aging, the Dickinson-Iron District Health Department is offering Free Health Screenings and Tests for Dickinson County residents age 60 and over at the Kingsford office on Thursday, September 11<sup>th</sup>. There is no income requirement for this health screening. There are a limited number of appointments available. Please call 774-1868 to schedule your Health Screening appointment.

Promoting healthy lifestyles of older people is vital in helping them to maintain health and functional independence and lead healthy and independent lives. The science of aging indicates that chronic disease and disability are not inevitable. As a result, health promotion and disease prevention activities and programs are an increasing priority for older adults.

Like exercise, eating right, and doing other things to keep healthy, preventive care is up to you. Some tests can help find problems or diseases before you start to have symptoms. Treating a health problem sooner rather than later improves your chances of getting better - it even can save your life.

Some of the services you will be offered at your Health Screening are:

- **Blood Pressure Check**

High blood pressure can lead to heart disease, stroke, and kidney disease. It is most common in African Americans and people over age 45.

- **Cholesterol Test**

Too much cholesterol, which can clog your blood vessels, is a major cause of heart disease in men and women. Cholesterol levels start to increase in middle-aged men, in women just before menopause, and in people who have gained weight. The risk of heart disease starts to increase in middle-aged men and women. Research shows that you can lower your cholesterol level and keep a healthy level by eating the right foods, losing extra weight, and being physically active.

- More -

- **Diabetes Test (High Blood Sugar)**

Diabetes can lead to vision and kidney function problems, and circulatory system problems, especially in the lower legs and feet. Most people who have diabetes have Type 2 diabetes, the form of the disease that tends to come with middle age. Finding and treating diabetes early can cut your risk for these problems. The chances of getting the most common type of diabetes—Type 2 diabetes—increases once you reach age 45. Almost 1 in 5 people aged 65-74 has diabetes.

- **Hemoglobin Test (Blood Iron Level)**

If your blood is low in iron, you have anemia. Anemia can make you feel tired and weak; eat poorly; or you may get infections and sick more easily.

Iron is a mineral found in some foods. Eating foods that are high in iron can help keep you healthy and feeling good.

- **Fecal Occult Blood Test (Colon Cancer)**

Colon cancer is the second leading cause of death from cancer. Older men and women are more likely to get colon cancer than those who are younger. But if caught early, colon cancer can be treated more easily. Effective tests are available to find colon cancer. However, many people do not take advantage of these tests. Starting at age 50, you should have tests to detect colon cancer. One of these tests is the Fecal Occult Blood Test—to test for small amounts of blood in your stool. This test should be done yearly.

- **Health Education**

Providing information to you about disease prevention and health promotion activities will help us help you become more knowledgeable about the health problems you may face and how you can prevent, delay, or manage them.

Medical advances and technology have greatly improved our ability to catch illnesses and diseases earlier — and to save lives. Make preventive care part of your healthy lifestyle plan.

To promote health, practice prevention! Call the Health Department at 774-1868 to make an appointment for your Health Screening. Appointments are limited, call today!

The Dickinson-Iron District Health Department is an equal opportunity employer and provider.

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