

# THE NEOSHO DAILY NEWS

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## Area hospital to provide medical screenings

By Todd G. Higdon / Daily News Staff Writer

In a way to detect health issues, area residents will have the chance to participate in the Life Line Screening to be held on Friday, with appointments starting at 9 a.m. at First Baptist Church, 12325 E. Hwy. 86.

Freeman Health System will be sponsoring the event.

The screenings are a way of reducing the risk of having a stroke. A stroke, also known as a "brain attack," is ranked as the third leading killer in the world and the second among women. Through preventive screenings, the risk of having a stroke can be greatly reduced.

"We will offer four types of tests," Life Line Screening Public Relations Director Joelle Reizes said. "The tests take less than one hour to complete."

Participants can either pick individual tests or there are packages available. The tests consist of a stroke screening carotid artery, abdominal aortic aneurysm (AAA) screening, peripheral arterial disease (PAD) and osteoporosis screening.

In carotid artery screening, tests visualize the buildup of plaque in the carotid arteries, which leads to a stroke. Up to 75 percent of all of the strokes are linked to the carotid artery blockage.

The abdominal aortic aneurysm tests will visualize the existence of an aneurysm in the abdominal aorta, which could lead to a ruptured aortic artery. People who have an abdominal aneurysm have no symptoms and the mortality rate of a ruptured aorta is as high as 80 percent.

PAD is closely linked to coronary artery disease.

The final test is the bone density screening, which checks for early detection of osteoporosis.

According to Reizes, the tests take about 10 minutes each.

"Generally, we see people participate in these tests from the ages of 50 and above," stated Reizes.



Prior to the screenings, the company suggests some of the following tips:

n Stroke or carotid artery screening: Wear a shirt open at the collar and short sleeves. The technologist will exam the neck.

n Abdominal aortic screening: Wear a two-piece outfit of loose fitting clothing, fast for four hours prior to the screening and the meal should be a light meal. If you take medication, do so as prescribed. The technologist will check your abdominal area.

n Arterial disease screening: Wear a short sleeve shirt, do not wear pantyhose, the participant will remove his /her socks and shoes at the screening and the technician will place blood pressure cuffs on the upper arms and the ankles.

n Osteoporosis screening: Do not wear pantyhose, the participant will be asked to remove his/her socks and shoes and the participants heel will be placed in a machine which measures bone mineral density.

"The screenings which are painless and non-invasive, use a state-of-the-art Doppler color flow ultrasound systems," Reizes said. "The results are mailed to the participant in about 21 days, unless, we see something that needs to be addressed then, we let the person know and will have them contact their doctor."

A complete wellness package costs \$129. Appointments are still being taken by calling 1-800-710-1913. Pre-registration is required.

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