

HEALTH & MEDICAL

A SPECIAL SUPPLEMENT TO THE VALLEY TIMES-STAR

Stroke and osteoporosis screening coming to Newville

Individuals age 50 and older encouraged to take proactive step toward better health

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Residents living in and around the Newville community can be screened to reduce their risk of having a stroke. The complete screening package now includes a new Heart Rhythm screening, checking for irregular heartbeat, which is a major risk factor for stroke.

Life Line Screening will be at the Zion Evangelical Lutheran Church of Newville, 51 W. Main St., Newville, April 29. Appointments will begin at 11 a.m.

Kerry Hesfernan, public

relations coordinator for Life Line Screening, said the screenings are "a proactive step in health and wellness."

"Participants can learn of any ongoing myths before they may experience any devastating effects," she said. "These screenings alert individuals to any potential problems."

A stroke, also known as a "brain attack," is ranked as the third leading killer in the world, and the leading cause of nursing home admissions. Stroke often occurs without warning, but painless screenings can help identify risk for

stroke, vascular diseases or osteoporosis early enough for physicians to begin preventive procedures.

Screenings are non-invasive and easy to obtain. They help identify potential health problems such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arteries in the legs, which is a strong predictor of heart disease.

"We target individuals age 50 and older," Hesfernan said, adding that the chances of finding a vascular disease are likelier in those age 50 and

older or those with risk factors, such as a strong family history of high blood pressure or cholesterol or diabetes.

"We screen people who are asymptomatic and not exhibiting any kind of signs or conditions," Hesfernan said. "Somebody who already knows they have, for example, carotid artery blockage is not going to benefit from these screenings."

Carotid artery blockage occurs when the major arteries in your neck become narrowed or blocked, which can lead to a stroke, Hesfernan said.

A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women. Register for a Wellness Package with Heart Rhythm for \$149. All five screenings take 60 to 90 minutes to complete.

"Somebody who is interested can call our customer service center, and we will tell them what they need for the day in order to prepare," Hesfernan said. Screenings are attended on an individual basis, she said, and "there are indivisome people who do attend on an annual basis. They include the screenings

in the regular yearly exam."

For more information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit us on the web at www.lifeline-screening.com. Appointments will be accepted the day of the event, but pre-registration required, Hesfernan said.

Life Line Screening was established in 1993, and has since become the nation's leading provider of vascular screenings. Ultrasound teams are on staff to travel to local communities, bringing the screenings to local residents.