

Paulding County Hospital Family Health Day Information

The PCH Family Health Day is scheduled for Saturday, June 12, 2010 and the entrance will be in the medical office building located in the northwest corner of the hospital. The hours of the health fair will be 7:30 am until 11:00 am. Handicapped parking is available in the hospital parking lot directly in front of the outpatient entrance. Wheelchair and walker users may use the main entrance to the outpatient area. All other participants please enter through the medical office building. Regular parking will be in the main hospital parking lots. If the lots are full, additional parking will be in the employee parking lots in the rear of the hospital.

To prepare for the blood test you must **fast** for 12 to 14 hours before having your blood drawn. We recommend you eat a normal evening meal the night before. The morning of the event, do not eat or drink until after your test. The only exception would be to drink plain water and take your medications. Do not drink coffee or other drinks. If you have additional tests ordered by your physician, they will not be processed during the health fair. You must be 18 years of age to participate in the blood testing.

You are welcome to take advantage of a Relay For Life fundraiser breakfast that will be held in the hospital dining room after your blood draw. The cost will be \$3.00. Eat in or take outs will be available.

You do not have to pre-register but by completing this packet prior to the event date, our hope is to reduce the time you spend in line waiting for your blood draw. In the last several years, by 9 am, there was no line. This was due to the fact that 10 phlebotomists were drawing blood. Paulding County Hospital exhibits and many other community resource exhibits will be located throughout the health fair area so you can feel free to browse among these displays.

A complete list of tests to be performed and their cost is detailed on the permission form enclosed in this packet. The Comprehensive Health Panel includes many general tests, including a lipid profile. Another test that is offered is TSH, Thyroid Stimulating Hormone, which is an excellent thyroid screening test. For men over the age of 40, you may consider adding a PSA test. PSA is a screening tool for prostate cancer. You can request a **Hemoglobin A1C** test, also known as glycohemoglobin. This test can be used to monitor the effectiveness of diabetic treatment and can also be used as a screening tool for diabetes.

When you receive your results an explanation sheet will be enclosed with brief descriptions of all the tests and their medical significance. Please make a copy of your results and forward to your family physician. We ask that you do not call the hospital with questions about your test results. Questions should be directed to your physician since he/she is familiar with your medical history. This screening does not replace a visit to your physician for a consultation.

Thank you for participating in our Health Fair. We hope you find our event enjoyable as well as helpful.