

By Carolyn Lee

The Imperial Republican

Feeling great? Feeling tired or just not right? The Chase County Community Hospital and Clinics' annual Health Fair is the place to find answers or assurances concerning health issues.

The Health Fair will be held this Saturday at the Imperial facility from 8-11 a.m. Low-cost screening tests and results will be available.

Lab draws are now being taken for those wanting a general health profile. That includes tests for cholesterol, diabetes, anemia, thyroid disorders and liver and kidney diseases. The cost for a general profile is \$35.

Men may take the PSA test for prostate cancer for an additional \$15.

Lab draws continue at the Imperial Clinic Wednesday and today (Thursday), and will be taken at the Wauneta Clinic Friday from 7:30-10 a.m. Call 394-5593 for an appointment in Wauneta, or 882-7299 in Imperial.

Individuals receiving lab draws need to fast (no food or drink, except small amounts of water) for 10-12 hours prior to the blood draw.

Nursing staff will be available to review the lab draw results during the health fair.

Persons taking the lab draw, but who are unable to attend the Health Fair, may pick up their results at the hospital early next week. After that the results will be mailed to the recipient.

DEXA bone density scans will also be available for \$50, with results available at the Health Fair.

Other activities include taking vital signs along with height and weight; updating medical card information; meeting with staff concerning personal health records, and use of the web-based Patient Portal.

Booths include: skin checks, body fat and composition; information about strokes, cholesterol and diabetes; Nebraska Organ Recovery; information about Alzheimer's, mammograms and cancer; Imperial Community Center; Imperial Manor; Heritage of Wauneta; Hospice and Home Health of McCook; Area Agency on Aging of North Platte; domestic violence, and Richard Young of Kearney.

Flu shots will be given to those who wish, age 36 months and over, on a first come, first served basis. Medicare beneficiaries receive the shot for free, but must present a Medicare card.

The flu shots to be given will have vaccinations against three strains, including H1N1.

A helicopter from Midwest Medical Transport of North Platte will be available for viewing by the public at the helicopter pad near the hospital from 8-9 a.m. Air Care of Kearney's helicopter will be on view from 9:15-11 a.m.

Information about CCCH's third medical flight service, Eagle Med of Kansas, will be available.

Blue Cross and Blue Shield of Nebraska will also be on hand to present a \$15,000 check to the hospital's Foundation to support the WELLS Angel health and wellness program.