When was the last time you took a good look at your health?

A health fair is a great place to start and one is coming this way soon. Chase County Community Hospital will be hosting its annual community-wide health fair on Saturday, Aug. 25, from 8-11 a.m.

The health fair activities actually kick off Aug. 13-16 with lab draws at the Catholic Church Fellowship Hall in Imperial. Draws will take place from 6 to 9 a.m. Lab draws will be taken at the Wauneta Clinic on August 16 from 7 to 9 a.m.

Individuals can also sign up for lab draws Aug. 20-23 from 6 to 9 a.m. at the hospital.

Appointments can be made by contacting the clinics at 882-7299 in Imperial and 394-5593 in Wauneta.

The health fair is a great time to take advantage of testing since these services are being offered for considerably less than regular charges.

A good way to start is with a General Health Profile, which includes checks for blood count, thyroid, diabetes, anemia, cholesterol and kidney disorders. Cost is $40.

Other lab testing includes Hemoglobin A1C for $10, Vitamin D level for $40 and men can take a PSA test for prostate cancer at $20.

Something new this year is an emphasis on youth. Often, people think health fairs are only for adults but there are issues with young people that if detected early can be corrected and enhance their health for many years to come.

An example is childhood obesity. According to Up To Date, there are only 41 percent of United States children that are a normal weight. Childhood obesity can lead to the same complications that adult obesity can with elevated blood pressure and diabetes.

The current recommendations for children is five servings of fruits and vegetables daily, no more than two hours of screen time (computers, TV) daily, at least one hour of physical activity daily and no sugary drinks.

Children who are 18 years or younger can receive lab draws for an additional 15 percent discount.

There will also be a focus on adult immunizations. Immunity to tetanus, diphtheria and pertussis has continued to wane in the adult population. All adult patients are encouraged to get a pertussis booster which is currently included with the tetanus booster. The pertussis vaccine is particularly important if you are around small children or infants who haven't had time to build up their immunity from the vaccine.

If you are planning on signing up for a lab draw, it is important to note that you must not have had anything to eat for at least 10 hours prior to lab draw. Participants may drink water or take necessary medications during this time period, however.

Hospital staff will be available during the health fair on Aug. 25 to review the lab draw results.

Those individuals who have lab draws done but can't attend the health fair may pick up their results at the lab after that date.

If a person needs someone else to pick up their results, there is a section at the bottom of the registration form where they can authorize another person to obtain their lab results.

Registration forms are available on the Chase County Hospital website, www.chasecountyhospital.com or contact the Chase County Clinic in Imperial and Wauneta.

There will be a number of booths at the health fair that provide information on a variety of services available at the hospital as well as information on obesity, diabetes, heart disease,

blood pressure, sleep, nutrition and more. There will also be an opportunity to have weight and blood pressure checked, as well as a skin check for any signs of irregularities.

For more information on the health fair, contact Linda Nelson at 882-7254 or Sue Peterson at 882-7283.