



Community health day

**Horry Georgetown Technical College
Thomas C. Maeser Auditorium
950 Crabtree Lane, Myrtle Beach
Friday, May 31 • 7:30-10:30 a.m.**

Health screenings to be offered include:

- **Chemistry profile**.....\$20
- **TSH (thyroid screen)**\$15
- **PSA for men**\$15
- **Complete blood count w/differential**.....\$20
- **Hemoglobin A1C for diabetes**.....\$15

Chemistry profile tests require a 10-12 hour fast. A wide variety of other health information and screenings will be available at no cost.



Registration packets for the event are available at the information lobby areas of Tidelands Waccamaw Community Hospital and Tidelands Georgetown Memorial Hospital or you can download the registration packet at tidelandshealth.org/community-wellness. Packets will also be available on site the day of the event. For more information, please contact the community health resources department at 843-520-8447.

Our mission: We help people live better lives through better health.
Our vision: We will be our region's first choice for health and wellness.
Our purpose: Better health begins here.

1-866-TIDELANDS
physician referral • health information • class registration



Registration instructions for health screening

Please complete a registration lab screening form and envelope and bring with you the day of the scheduled lab test, or register at the screening site the morning of the event. Registration packets are available at the front desk of Tideldands Waccamaw Community Hospital and Tideldands Georgetown Memorial Hospital.

1. Using a ballpoint pen, complete **only** the yellow highlighted portions of the lab screening form. On the lower half of the lab form, place a check in front of the test(s) you wish to receive. An explanation of each test is included in this packet.
2. Make checks payable to: Tideldands Health
Fees are:
 - \$20..... **Chemistry Profile (CMP14+LP+5AC)**
 - \$15..... **Thyroid Stimulating Hormone (TSH)**
 - \$15..... **Prostate Specific Antigen (PSACH)**
 - \$20..... **Complete Blood Count with Differential (RHSCBCDIFF)**
 - \$15..... **Hemoglobin A1C (HgbA1C) - diabetes status.**We accept cash, checks and credit card payment. We are unable to bill Medicare or any other insurance company.
3. Initial the HIPAA Notice of Privacy. HIPAA information will be available onsite at the event. Sign after reading the consent and payment acknowledgement.
4. Print your name and mailing address, including city, state and zip code, on the envelope provided. This envelope will be used to mail your lab results to you. Family members with the same mailing address must complete separate forms and separate envelopes.
5. Bring your completed lab screening form, completed envelope and payment in cash or check to the screening event.
Blood draws will be performed 7:30-10:30 a.m.
6. Since we must draw blood from your arm, please wear a top with short sleeves or long sleeves that can be easily rolled up.
7. **Do not eat** for 10-12 hours before having your blood drawn. Drink only sips of water if you must during the fasting period. If you are on medication, consult your physician for directions. Simple snacks, juice and water will be available after the blood draw. For optimal results, please fast prior to the blood draw. If you do not fast, some readings may be inaccurate.
8. If any of your test values are flagged high or low, you should have the results evaluated by your physician.

Please call 520-8447 if you do not receive your lab results within two weeks. Please call your primary care physician for questions regarding significance of your test results.



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Community health education lab screening

Do you have a primary care physician? Yes No

If yes, who is your primary care physician? _____

- Complete the form by printing clearly in each of the highlighted areas.
- Self-address the accompanying envelope.

Please initial to acknowledge HIPAA information has been provided to you. _____

Consent for testing:

I, the undersigned, am the patient and do hereby voluntarily consent to have my blood drawn so the blood chemistry tests I have chosen can be performed by Tidelands Health or its designated laboratory. I understand the results of my blood tests will be mailed directly to me, and it will be my responsibility to seek appropriate medical advice from a physician if any test results are outside of normal parameters flagged either high or low.

Patient signature

Date

Last name

First name

Middle initial

Date of birth

Gender

()

Phone

Street address

Have you fasted? Yes No

Tests requested

Chemistry profile (RHSCHEM)

Thyroid stimulating hormone (TSH)

Prostate specific antigen (PSACH)

Complete blood count with differential (RHSCBCDIFF)

Hemoglobin A1C (HGBA1C)

Below is reserved for lab and hospital use only.

Collector's initials _____ Collection date and time _____



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Overview of available screening blood tests

The following information is intended as a brief overview of the health screenings offered by Tideland's Health community health education. Detailed information may be available by contacting your physician.

A chemistry panel is the combination of the complete metabolic profile, the lipid panel and the 5 AC panel.

Complete metabolic profile:

Glucose: May reflect abnormalities of carbohydrate metabolism. Sometimes used as a screen for diabetes mellitus.

Uric acid: Nitrogenous waste of metabolism; measured as an indicator of renal disease and gout.

BUN: Blood – urea – nitrogen concentration in the blood. Can indicate diminished kidney filtration – a measure of acute or chronic renal disease.

Creatinine: An indicator of renal function, creatinine excretion decreases with age.

BUN/creatinine ratio: This ratio is an indicator of kidney function.

Sodium: One of the major electrolytes in the body. Low sodium levels may occur with edema, chronic cardiac failure, cirrhosis or uncontrolled diabetes. Increased sodium levels may occur with profuse sweating, prolonged vomiting or diarrhea or high intake of salt solutions without a high intake of fluids.

Potassium: Potassium is one of the major electrolytes in the body. Low potassium may cause marked neuromuscular symptoms. High potassium levels may cause mental confusion, weakness, numbness, slow heart rate and, in some cases, cardiac arrest.

Chloride: Chloride is involved in the maintenance of water distribution, osmotic pressure and electrolyte balance in the body.

Total carbon dioxide: Increased carbon dioxide is associated with reduced respiratory function. Decreased rate and depth of respiration causes higher carbon dioxide levels. Carbon dioxide levels decrease with increased respiration.

Calcium: A mineral essential for preservation of bone, teeth, skeletal structure, coagulation, activation of some enzymes and transmission of nerve impulses.

Phosphorous: Plays an important role in how the body uses carbohydrates and fats. It is also needed for the body to make protein for the growth, maintenance and repair of cells and tissues.

Total protein: The liver is the key organ in protein metabolism. Protein levels may be decreased with under-nutrition.

Albumin: A protein made by the liver. A decreased value may indicate renal loss or malnutrition.

Globulin: Globulins are a group of proteins in the bloodstream that help regulate the function of the circulatory system and the body's ability to properly fight infection, clot or transport nutrients to the muscles.

Albumin/globulin ratio: The ratio of albumin and globulin that make up total protein. The ratio can be used as a measure of liver disease, myeloma, nephrotic syndrome or nutritional status.

Total bilirubin: Increased bilirubin may be an indicator of jaundice or hepatic disease.

Alkaline phosphatase: Enzyme primarily found in our bone and liver. It normally increases in youth and after the age of 50. It can be used in diagnosis of bone and liver diseases as well as conditions like mononucleosis or inflammatory bowel syndrome.

Lipid panel:

Total cholesterol: After absorption into the blood from the intestine, the liver extracts much of your body's cholesterol. Elevated cholesterol is often related to cardiovascular disease.

Triglycerides: A type of fat found in the blood. Triglycerides are often elevated in heart disease, alcohol abuse and diabetes.

High density lipoprotein cholesterol: HDL cholesterol appears to play an important role in reducing the

amount of cholesterol stored in the tissues. HDL may protect against cardiovascular disease. Unlike other cholesterol levels, the higher your HDL, the better.

Low density lipoprotein cholesterol: LDL cholesterol is the main carrier of harmful cholesterol in your blood. A high level of LDL cholesterol means there is a higher risk of heart disease and stroke.

Total cholesterol/HDL ratio: A measure that is helpful in predicting an individual's risk of developing damage to the arteries. The number is obtained by dividing the total cholesterol value by the value of the HDL cholesterol. A high ratio indicates higher risk of heart attack.

Estimated CHD risk: An average calculation of several blood test results that estimates the risk of developing coronary heart disease.

5 AC panel:

LDH: An enzyme that is slightly elevated in hepatitis or obstructive jaundice. It is moderately increased in myocardial infarction, pulmonary infection, some leukemia and hemolytic anemia.

AST (SGOT): Enzyme widely used in study of liver disease.

ALT (SGPT): Enzyme associated with liver function. Marked increase in SGPT is associated with liver disease.

GGT: A blood test reading that helps to detect liver and bile duct injury. GGT can also be a measure of chronic alcohol abuse.

Iron: Iron is absorbed from the intestinal tract and into the red blood cells as the "heme" portion of hemoglobin. Iron deficiency occurs in children primarily from dietary deficiency and in adults from chronic blood loss.

Other available tests:

CBC with differential and platelets: A blood test to evaluate the different cellular components of blood for symptoms of anemia, infection and blood clotting or to track the progress of a variety of diseases. This test also can be used to monitor side effects of medications that may cause blood abnormalities. Hemoglobin measurement is included in this test.

Thyroid stimulating hormone: An increased level of this pituitary hormone indicates a condition called hypothyroidism in which the body has below normal levels of a particular thyroid hormone. Symptoms may include fatigue, weight gain, dry skin, consistently feeling cold or frequent menstrual periods. A decreased level indicates the opposite condition called hyperthyroidism marked by weight loss, rapid heart rate, nervousness, diarrhea, consistently feeling too warm or irregular menstrual periods.

Hemoglobin A1C: This test measures the amount of a specific type of hemoglobin stored in red blood cells. The amount reflects the reading of glucose in the blood. This test is used to determine your diabetic status and how well diabetes is being controlled. The greater the A1C value, the higher the risk for diabetic complications.

Prostate specific antigen: PSA is a blood test for men that measures the amount of a glycoprotein in the bloodstream. An elevation of glycoprotein can mean there is abnormal tissue, infection or cancer in the prostate gland. Abnormal results should be evaluated by your physician.



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