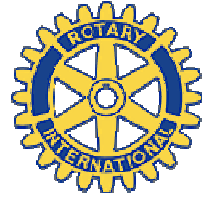


MULTIPHASIC BLOOD ANALYSIS PROGRAM



Saturday, May 17, 2008
Southwest Regional Medical Center
6:30AM - 10:30AM



Please join us following your screening for a complimentary breakfast!

Please mark beside tests you would like to have completed:

- Multiphasic Blood Test Only (Requires 12-hour fast)..... \$35.00
- PSA Blood Test (Males only)..... \$15.00
- TSH..... \$15.00
- Urinalysis \$10.00
- Occult Blood Test \$7.50
- Direct Test Results (Mailed to your home)..... \$ 5.00

**Registration forms & payment due by
May 9, 2008
Checks made payable to
Rotary Club of Waynesburg**

ALL RESULTS WILL BE AUTOMATICALLY MAILED TO YOUR PHYSICIAN

The following form **MUST** be signed by your physician and returned to Southwest Regional Medical Center before the time of your test or you **WILL NOT BE PERMITTED TO PARTICIPATE IN THE PROGRAM**. This is a Pennsylvania law and will be strictly adhered to with no exceptions.

Please mark 1st and 2nd choice: 6:30-7am 7-7:30am 7:30-8am 8-8:30am
8:30-9am 9-9:30am 9:30-10am 10-10:30am

Physician Information:

Physician Name & Address

I, Dr. _____ AGREE to participate in the multiphasic screening offered by Southwest Regional Medical Center and will accept all results for my patient,

I _____ permit _____ DO NOT permit SRMC to mail copies of the results directly to this patient.

(Signature of physician.) Date

Participant Information:

Participant Name & Address

Date of Birth _____
Age _____ Social Security Number _____
Phone number _____

The undersigned hereby requests that a multiphasic blood screening be performed for me by personnel representing Southwest Regional Medical Center on Saturday, May 17, 2008. I hereby release Southwest Regional Medical Center, SRMC Laboratory, Jeffrey Stead, MD, Waynesburg Rotary Club and any employees or members who voluntarily participate, from any and all liability which may arise from such examinations and tests or from the data derived there from. It is understood that the data derived from such examinations/tests is considered preliminary only and in no way conclusive, I will be informed of health programs in this area for which I may be eligible, and the results of my examinations/tests will be sent to my private physician whose name and address I have supplied above.

Participant Signature _____

Go to www.sw-rmc.com for more testing information

Please note: Once the above form has been completed mail form and payment for testing to:
Southwest Regional Medical Center
C/O Marketing
350 Bonar Ave
Waynesburg, PA 15370

TEST OPTIONS

MULTIPHASIC BLOOD TEST

CHOLESTEROL: If this is high, you may be at increased risk of fatty deposits, narrowing arteries in the heart and other organs. If you have not been fasting, the results may be invalid. Ask your doctor.

GLUCOSE: If this is high, you may have diabetes. If you have not been fasting, the result may be incorrect. Consult your physician. It is possible for a diagnosis of **diabetes mellitus** to be made by obtaining at least two *fasting* blood sugar determinations. (Fasting means not eating for at least 12 hours prior to testing.) Values above 126 MG/DL indicate diabetes. Fasting values below 110 are normal. Fasting values between 110 MG/DL and 125 MG/DL indicate impaired glucose tolerance. See your doctor if your fasting glucose value is above 110 MG/DL.

BUN/CREATININE: Increased values may indicate kidney disease.

SODIUM: Decreased values may be due to decreased fluid intake and lead to weakness. Increased values may lead to heart and kidney symptoms. Consult your physician.

POTASSIUM: Abnormal values may lead to an abnormal heart rhythm; contact your doctor immediately if your potassium level is not within normal range.

LDH, ALK PHOS, AST, ALT, GGPT, ALK PHOS, and TOTAL BILIRUBIN: Increased values may indicate liver or gall bladder disease.

CALCIUM: Continual decreased values could lead to osteoporosis.

MAGNESIUM: Magnesium is an intracellular ion involved in muscle contraction.

TOTAL PROTEIN, ALBUMIN: Increased values may indicate dehydration. Decreased values may indicate malnutrition among other illnesses.

URIC ACID: Increased values could mean you have, or could develop, gout or kidney stones.

WHITE BLOOD CELLS (WBC): Decreased values may indicate a breakdown in the immune system. Increased levels may indicate infection. Consult your physician.

HEMOGLOBIN/HEMATOCRIT/IRON/RED BLOOD CELLS (RBC): If these are low, you may need to be treated for anemia. Very high iron levels can cause disease of the liver and other organs. Consult your physician.

MCV: Average volume of Red Blood Cells.

PROSTATE SPECIFIC ANTIGEN (PSA) (MALES ONLY)

Abnormal values may indicate malignant disease. It is recommended that you contact your physician to schedule a digital rectal exam.

TSH

A thyroid-stimulating hormone (TSH) blood test is used to detect problems affecting the thyroid gland.

URINALYSIS

Urinalysis can reveal diseases that have gone unnoticed because they do not produce striking signs or symptoms. Examples include diabetes mellitus, various forms of glomerulonephritis, and chronic urinary tract infections.

OCCULT BLOOD TEST

Fecal occult blood may be done to evaluate some intestinal conditions or to screen for colorectal cancer, which affects the large intestine, colon and the rectum.

All abnormal results should be discussed with your physician!

What do your Multiphasic Blood Screening Results mean? The results of the blood work you had drawn will be mailed to you within a few weeks of your screening. This screening offered a number of tests of chemicals found in the blood as well as counts of your blood cells. **THIS IS ONLY A SCREENING: IF ONE OR MORE OF YOUR TESTS IS ABNORMAL, DON'T PANIC.** Consult your doctor. Your doctor can tell if abnormalities found in your screening indicate the need for more testing or treatment.

What are these tests screening for?

CHOLESTEROL: If this is high, you may be at increased risk of fatty deposits, narrowing arteries in the heart and other organs. If you have not been fasting, the results may be invalid. Ask your doctor.

WHAT IF MY BLOOD CHOLESTEROL LEVELS ARE HIGH? Losing excess weight and starting a program of regular aerobic exercise are the first and foremost "treatments" for undesirable cholesterol levels. This cannot be emphasized too strongly. Your doctor will also advise you to stop smoking, maintain a low-fat diet, restrict or avoid alcohol, and learn to manage daily stress. After you've made the above lifestyle changes, ask to have a second blood test done to see how these changes have affected your blood chemistry. If the results are still not satisfactory, work with your doctor on a plan to bring your blood cholesterol levels into the normal range.

WHAT IS LDL CHOLESTEROL? Low density lipoprotein (LDL) is the major cholesterol carrier in the blood. When a person has too much LDL cholesterol in the blood, it can slowly build up in the arteries feeding the heart and brain. Together with other substances, it can form plaque, a thick, hard deposit that can clog those arteries. This condition is called atherosclerosis. If a clot forms where this plaque is located, it can block blood flow to part of the heart muscle and cause a heart attack. If a clot blocks blood flow to part of the brain, a stroke results.

WHAT IS HDL CHOLESTEROL? High density lipoprotein (HDL) is made in the liver. Medical experts think HDL removes cholesterol from the arteries and takes it back to the liver. HDL is called "good" cholesterol because a high level of it seems to lower the risk of heart attack. The opposite is also true; a low HDL level increases the risk.

WHAT ARE TRIGLYCERIDES? Triglycerides are basically blood fats. Most people (but not all) who have heart disease have high triglyceride levels. Fortunately, the lifestyle habits that are good for lowering total blood cholesterol and increasing HDL cholesterol are also good for lowering triglycerides.

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