



# ADULT HEALTH FAIR

Tuesday April 13th 8am -11am  
Heimach Center

ON APRIL 13TH FROM 8:00 TO 11:00 A.M. AN ADULT HEALTH FAIR WILL BE HELD AT THE HEIMACH SENIOR ACTIVITY CENTER, 1800 E. 7TH ST., AUBURN, INDIANA. THE FAIR, CO-SPONSORED BY DEKALB MEMORIAL HOSPITAL AND THE DEKALB CO. COUNCIL ON AGING, IS HELD EVERY OTHER YEAR. AS THERE IS NO 'FOCUS ON HEALTH' IN DEKALB CO., THE FAIR IS THE IDEAL OPPORTUNITY FOR MANY TESTS, SCREENINGS AND VITAL INFORMATION ON HEALTH RELATED SERVICES.

There will be a limited number of free vouchers for seniors 60 & over for either the General Health Panel -- No food or drink other than water or black coffee for 12 hours preceding your blood draw (value \$22) or PAS -- no fasting required (for men - value \$27). Note: The vouchers are sponsored by Aging & In-Home Services through their Preventative Health Program.

The lab tests are being done by DeKalb Memorial Hospital at very special rates.

There will be an expired medication disposal sponsored by DeKalb Co. Triad.

A light breakfast will be served in the Center Lounge from 8:00 - 11:00 a.m.

Anyone interested in setting up a health related display may call 925-3311 or 1-888-220-2242 to register. There is no charge to set up a booth for the event.

Following the fair there will also be an hour long workshop by cardiologist, Sabeena Ramrakhiani M.D. (Lutheran Health Physicians, Lutheran Medical Group). Dr. Ramrakhiani's presentation is part of DeKalb Memorial Hospital's "Free Heart Care Discussion Series". As the meeting is scheduled during some peoples' normal lunch hour, light refreshments will be provided by the hospital.

**CALL 925-3311 OR 1-888-220-2242 FOR MORE INFORMATION REGARDING THE FAIR, BOOTHS OR THE TESTINGS.**

The following are the options for laboratory tests offered at the fair by DeKalb Memorial Hospital (no pre-registration required):

#### General Health Panel - \$22.00

This test screens for diabetes, liver and kidney functions. This test requires a 12-hour fast. NO food or drink other than water or black coffee for 12 hours preceding your blood draw.

#### Lipid Panel - \$20.00

A Lipid Panel shows your total Cholesterol, HDL, LDL and Triglycerides. This test DOES require a 12-hour fast - NO food or drink other than water or black coffee for 12 hours preceding your blood draw.

#### A1C - \$22.00

The A1C is used to monitor patients with diabetes. It shows the fluctuation of an individual's blood glucose over a 3-month time frame. This test does NOT require any fasting.

#### PSA - \$27.00

A PSA (Prostate-Specific Antigen) test is to detect high levels of PSA that may indicate an increased risk for prostate cancer. This test is for MEN only and does NOT require any fasting.