

HEALTH SCREENINGS



Centers for Disease Control and Prevention

“Diabetes is a common disease that is on the rise in America. Having diabetes raises your risk for developing other dangerous conditions, especially heart disease and stroke.”

These screenings focus on diseases that easily go undetected, but that can be mitigated with early intervention.

Heart disease is a leading cause of death in the United States, and without regular checkups, can easily go undetected. Our standard “know your numbers” screening is geared towards looking at comprehensive heart health. Participants will have height, weight, and waist measurements taken, followed by a blood pressure reading and finger stick (lipids + glucose). Understanding that a full biometric screening may not be in your budget, or may not be right for your company’s population, we also offer every component of the full screening as a standalone event.

Diabetes affects 10% of Americans, and roughly a quarter of those people go undiagnosed. With a simple finger stick, we can measure either glucose or A1C based on your budget and program design. These programs aid in raising awareness and providing education to your employees. While measuring glucose offers a “window in time”, A1C gives a 90 day look-back, making it a better gauge of one’s ability to process blood sugars. Some clients choose to offer a glucose screening with a follow-up A1C for those in the elevated category. Participants are coached in the risks of elevated blood sugar, its symptoms, prevention and the importance to regular visits with their primary care provider.

CANCER SCREENINGS



American Cancer Society

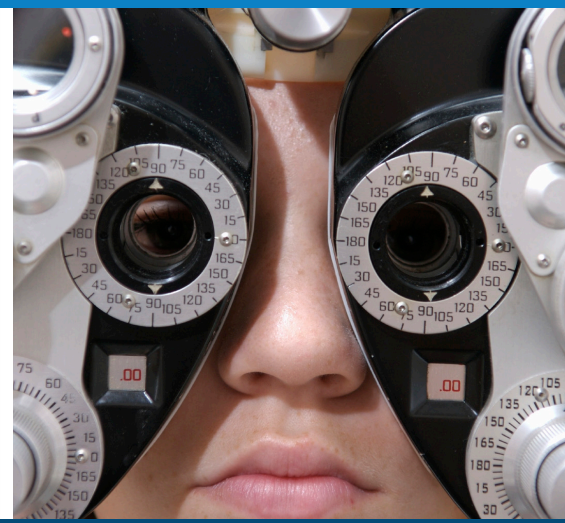
“Cancer is the second leading cause of death in the United States, exceeded only by heart disease. One of every four deaths in the United States is due to cancer.”

Two diseases that can be screened for in an on-site setting are colorectal cancer and prostate cancer. Early detection, as with all cancers, greatly improves treatment outcomes.

Colorectal cancer is common among both men and women. With our colorectal screenings, nurses well-versed in the risk factors and general information about this cancer, conduct a brief one-on-one educational session with participants, focusing on the importance of participating in the screening. Participants take home an educational piece, along with an in-home screening kit to mail back to Affiliated Physicians. We then follow up with results directly with the participant.

The PSA test is the first line of defense in screening for prostate cancer. Depending on the makeup of your team, you may want to choose to offer screening for this cancer, which is very treatable. This screening entails a blood draw (venipuncture), with results in as little as 3 days. Our team will educate your employees on the importance of regular PSA screening for early detection. Many companies choose to offer this screening in conjunction with a breast cancer educational event for the women in the office.

VISION & HEARING SCREENINGS



Center for Hearing and Communication

“Visual impairment (vision loss that cannot be improved with corrective eyewear) increases with age... while hearing loss can be caused by: exposure to loud noises over long periods of time, smoking, or a history of middle ear infections.”

While hearing and vision loss are usually not life threatening, the loss of those senses over time often goes undetected, and can result in a genuine negative impact on one’s life. With early detection and intervention, some of that impact can be mitigated.

Of particular importance for those in any industry which entails being exposed to high noise levels over extended periods of time, monitoring hearing loss is critical.

Likewise, as we age, vision tends to fail and we require more light to see. Differentiating between age-related vision loss and other – more serious – diseases, such

as macular degeneration, is something we should all be mindful of. Vision screenings fall under “basic” and “occupational” categories: basic vision includes near & far vision plus macular degeneration, while occupational vision is more inclusive and tests for visual acuity, binocular vision, depth/color perception, muscle balance, and peripheral vision.