



# HEALTH AWARENESS

## Free Neighborhood Medical Screenings

(NAPS)—A number of diseases and conditions—ranging from types of cancer to osteoporosis—have become more manageable in recent years. In addition, people are living longer and healthier lives today than they have in the past. Doctors say one reason for this positive trend is the technology of health screening.

The procedures often reveal the presence of disease before symptoms are noticed, or they can alert people to conditions such as high cholesterol or blood pressure that could put them at risk for serious health ailments.

People who want a health screening can take advantage of free services such as The Walgreens Wellness Tour. The tour involves a customized education and screening vehicle traveling to Walgreens stores in 45 cities over 12 months. People who visit the Wellness Tour are invited to take part in five free screenings, right on the vehicle:

- **Total Cholesterol Screening**—It's recommended that adults have their cholesterol levels checked at least every five years. Through a finger stick blood test, participants are given their total cholesterol level. They also receive educational material on healthy cholesterol levels and ways to lower their cholesterol.

- **Glucose Screening**—Blood glucose levels may indicate risk for diabetes, a disease that limits the body's ability to convert certain types of sugars into energy. Visitors receive a glucose level reading, via finger stick blood test, and information on



**Medical screenings can help detect conditions at their earliest and most treatable stages.**

diabetes awareness.

- **Blood Pressure Screening**—High blood pressure (hypertension) is a serious condition that affects one in four American adults. Among people with high blood pressure, 70 percent do not have their condition under control. Visitors receive their blood pressure reading and educational materials.

- **Bone Density Screening**—Bone density testing is the best way to determine bone mass and reveal present and future risk of fracture and osteoporosis. Screenings are done via foot ultrasounds and take 60 seconds with immediate results.

- **Body Mass Index**—Body fat, not weight, is the better measure of one's health and fitness. Visitors will be given a percentage of body fat reading using a body mass index analyzer—a handheld machine that estimates body fat percentage and body fat index.

For more information on when the Wellness Tour will be visiting your city, call 1-866-484-TOUR (8687).