

Cherokee Regional Medical Center
300 Sioux Valley Drive
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PRESS RELEASE

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CHEROKEE REGIONAL MEDICAL CENTER OFFERS CHOLESTEROL AND DIABETIC SCREENINGS

Cherokee Regional Medical Center will be offering cholesterol and diabetic screenings at five separate locations in the month of September.

Recent studies have reinforced the idea that cholesterol lowering is important for all Americans, regardless of age, sex or medical history. The higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes “hardening of the arteries” so that arteries become narrowed and blood flow to the heart is slowed down or blocked, causing chest pain or a heart attack. Heart disease is the number one killer of men and women in the United States, with more than 1 million Americans having heart attacks each year.

The need for cholesterol medicines in young adults appears to be rising rapidly – at a faster pace than among senior citizens, according to industry reports. Experts point to higher obesity rates, high blood pressure and a lack of exercise. If you are between the ages of 20-44 and have never had your cholesterol checked, you should take advantage of this low cost screening opportunity. Everyone age 20 and older should have their cholesterol measured at least once every 5 years.

There are a variety of things that can affect cholesterol levels: diet, weight, physical activity, age, gender and heredity. Although some of these variables are out of your control, it is essential to do something about the things you can, such as eating a healthy diet low in saturated fat and cholesterol, controlling your weight and staying physically active.

Cherokee Regional Medical Center will be doing fasting blood sugars and lipid panels, which include total cholesterol, HDL, LDL and triglycerides at the following locations:

Cherokee- Wednesday, September 7, 6:30 a.m. - 8:00 a.m. at the CRMC Wellness Center, located at 320 Sioux Valley Dr., Cherokee, IA.

Holstein- Thursday, September 8, 6:30 a.m. - 8:00 a.m. at Cherokee Regional Clinic, located at 112 N. Kiel St., Holstein, IA.

Marcus- Tuesday, September 13, 6:30 a.m. - 8:00 a.m. at Cherokee Regional Clinic, located at 300 E. Pine St., Marcus, IA.

Cherokee- Wednesday, September 14, 6:30 a.m. - 8:00 a.m. at Cherokee Main Street Pharmacy, located at 206 W. Main St., Cherokee, IA.

Aurelia- Wednesday, September 21, 6:30 a.m. - 8:00 a.m. at the Aurelia Community Center, located at 235 Main St., Aurelia, IA.

A 10-12 hour fast is required and the results will be mailed to each participant. For more information, please call Cherokee Regional Medical Center at 712-225-3368 extension 248. The cost is \$20.00. NO APPOINTMENT IS NECESSARY.