



# IBEW Local 347 Electrical Workers Health and Welfare Fund Hosts Screening To Detect Your Risk For Stroke at No Cost!

## Plan Participants, Spouse and Covered Adult Children FREE!

"In 2014, I was 38 years old and had two very young children. My husband was an apprentice with IBEW Local 347. I have never been very proactive about my health so when we received notice about the stroke screening, I initially didn't think much of it. Then I took the time to sit down and read the material and I was enticed that they were offering real tests (blood work, ultrasounds, etc). It didn't hurt that it was also free so we signed up. The process of the stroke screening was straight forward and painless. The stenographer taking ultrasounds of my carotid arteries (located in my neck) told me that I had cysts on my thyroid. She gave me paperwork explaining my condition and encouraged me to have my thyroid checked by a doctor. Over the course of many doctors visits, a biopsy and eventually the removal of my entire thyroid, it was determined that I did have thyroid cancer. Fortunately the cancer was caught early and now I am happy to say that I am cancer free and doing great! When I think back on the series of decisions I made I am happy that I was proactive.

There were many opportunities I could have easily decided not to act because I didn't want to hear the results, didn't have time or felt like I was over-reacting. One thing I know with absolute certainty is if the wonderful people at the IBEW Local 347 and Stroke Detection Plus had not worked so hard to make this easy and affordable opportunity available to me, I would still have thyroid cancer today. I think of my husband and young children and I am eternally grateful to every person who made that stroke screening happen because it was their hard work and dedication that very well could have saved my life."

*Alena & Clinton O'Connor, Member Local 347*

**Iowa Central Community College East Campus-Classroom 205**

**2031 Quail Ave-Fort Dodge, IA 50501**

**Saturday September 24th 7:00 AM - 1:00 PM**

***Appts. are necessary. Call Nichole Chumbley@ 515-243-1924 to schedule!***

### **Stroke Screening**

This screening visualizes the buildup of fatty blockage in the carotid arteries. This condition causes the majority of strokes.

### **Abdominal Aortic Aneurysm**

This screening visualizes the existence of an aneurysm in the abdominal aorta that can rupture and be fatal.

### **Peripheral Arterial Disease**

This screening checks for blockage in the legs. Abnormal results indicate high risk of coronary artery disease and peripheral arterial disease.

### **Health Risk Assessment**

This confidential health assessment is centered on empowering you to take charge of your health. Results will be only shared with you during a 1 on 1 consultation.

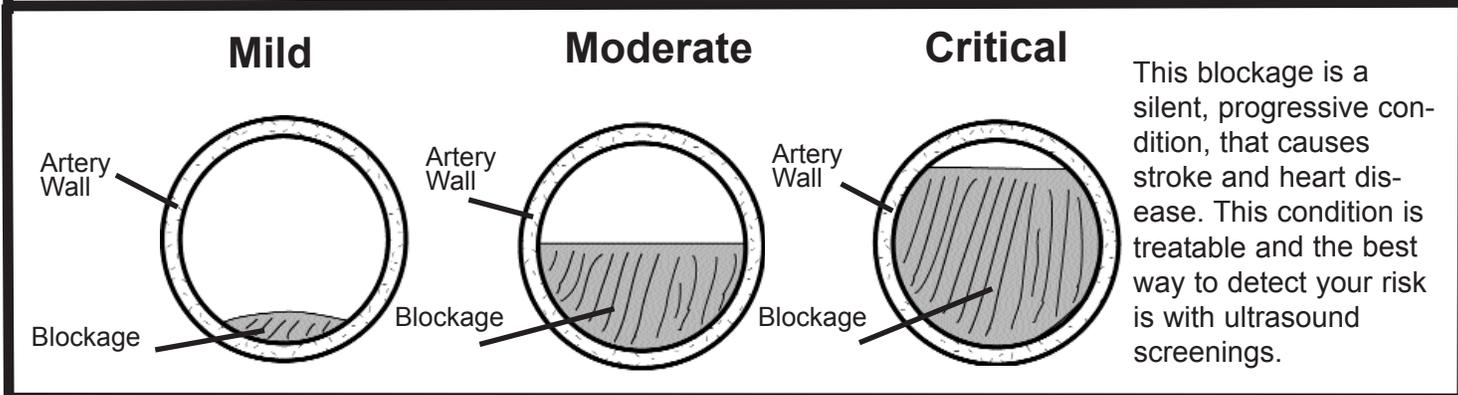
### **Biometric Screening and Bloodwork (Chemistry)**

**FASTING IS REQUIRED FOR BLOODWORK ONLY** - Biometric Measurement Screenings (Height, Weight, Waist Circumference, BMI, Blood Pressure) and a full Chemistry Panel Blood Draw which is an excellent tool that provides a high level evaluation of the body's major organ functions including the heart, liver, kidney, gland, nerve, bone and muscle functions. An imbalance in any of these levels can suggest a wide variety of acute or chronic illnesses.

**12 hour  
fast  
DRINK  
WATER!**

**Flu Shots Available!**

## Artery Blockage



- + We provide screenings that would cost between \$300-\$700 per test in the hospital setting.
- + A doctor cannot order these tests without the patient showing signs & symptoms. It is estimated that two thirds of stroke victims did not have any warning.
- + We estimate the percentage of blockage based on new research from the University of Washington.
- + A board certified, licensed physician reviews all screening results.
- + The goal of this screening is to alert people of a health risk that might otherwise go undetected, and to inform them of the need for follow-up with their physician.
- + RN phone consultation for all abnormal results.

### Two Or More Conditions And You Are At Risk!

- Over 40 yrs. old
- More Than 20lbs. Overweight
- Family History of Strokes
- High Cholesterol
- Cigarette Smoking
- Diabetes
- High Blood Pressure
- Inactive Lifestyle
- Heart Disease
- TIAs - Minor Strokes
- Atrial Fibrillation
- Unhealthy Diet