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## Detailed Description of Screenings

**Derma Scan (Sun Damage)**– Uses ultraviolet light to show skin damage that is invisible to the naked eye. This damage is usually caused by excessive sun exposure and dehydration. A patient places his/her head under a black cloak on one side of the machine to look at their face in mirror illuminated by ultra violet light. The technician can look at the individuals appearance from a slit on the other end of the machine and in real time indicate where the individual has any sun damage and the condition of the individuals skin. Anyone at risk of overexposure to UV light. This is not a diagnostic procedure and anyone with suspicious areas will be recommended to seek their physician’s advice. Averages about 3-4 minutes per screening.

**Carotid Artery Screening** – Carotid ultrasound is a painless and harmless test that uses high-frequency sound waves to create pictures of the insides of your carotid arteries. You have two common carotid arteries, one on each side of your neck. They each divide into internal and external carotid arteries. The internal carotid arteries supply oxygen-rich blood to your brain. The external carotid arteries supply oxygen-rich blood to your face, scalp, and neck. Carotid ultrasound shows whether a waxy substance called plaque (plak) has built up in your carotid arteries. The buildup of plaque in the carotid arteries is called carotid artery disease. When the screening is complete the tech will print out images of your screening. These images will show if there are any significant indications that seek further evaluations from your physician. Averages 5-10 minutes per screening.

**Heart Rhythm Screening for Atrial Fibrillation** - Atrial Fibrillation (also called AFib or AF) is a quivering or irregular heartbeat that can lead to blood clots, stroke, heart failure and other heart-related complications. An estimated 2.7 million Americans are living with AF. The screening for AF is a 30 second non-diagnostic analysis of your heart rate and regularity. A small heart monitor will be placed on your wrist, ankle or palm depending on the best electrical conduction to the monitor. Your average heart rate and regularity will be analyzed and you will be advised if you should seek further evaluation from a physician. Averages: 5-10 minutes per screening.

**Bone Density Screening** – Osteoporosis is a condition in which the bones become weak and fragile, often resulting in fracture of a bone. The condition is most commonly associated with older women, but can occur in men and in those with certain medical histories. A heel ultrasound is performed by placing an ultrasound probe on either heel of the bare foot. Sound waves are then transmitted through the bone of the heel, and a calculation of the bone’s density is made. Bone density is measured by something called a “T-score.” This compares the measurement of the bone’s density to that of a young person. A T-score of -2.5 qualifies as osteoporosis, while a T-score of -1 to -2.5 suggests osteopenia, or a thinning of the bones. After the screening a Tech will give you a copy of your T-score and will indicate if you should seek further evaluation from you physician. Average 5-10 minutes per screening.

**Vision Screening** – Visual acuity tests are used to evaluate eyesight. They measure the eye’s ability to see details at a near and far distances. The tests usually involve reading letters or looking at symbols of different sizes on an eye chart. Each eye is tested by itself, then both eyes may be tested together, with and without corrected lenses.

Anyone with out of range results will be recommended to seek their physician's advice. Averages about 3-4 minutes per exam.

**Hearing Screening** – An audiometry exam tests your ability to hear sounds. Sounds vary based on their loudness (intensity) and the speed of the sound wave vibrations (tone). Hearing occurs when sound waves stimulate the nerves of the inner ear. Eventually the sound travels along nerve pathways to the brain. Anyone with out of range results will be recommended to seek their physician's advice. Averages about 8 minutes per screening.

**Body Composition (Body Fat %)** –Body composition is the body's relative amount of fat to fat-free mass. Those with optimal body composition are typically healthier, move more easily and efficiently, and in general, feel better than those with less-than-ideal body composition. A hand held impedance machine is used to perform the screening. Bioelectrical impedance measures the resistance of body tissues to the flow of a small, harmless electrical signal. The proportion of body fat can be calculated as the current flows more easily through the parts of the body that are composed mostly of water (such as blood, urine & muscle) than it does through bone, fat or air. It is possible to predict how much body fat a person has by combining the bioelectric impedance measure with other factors such as height, weight, gender, fitness level and age. Averages 2-5 min per screening.

**Blood Pressure** –Blood pressure is measured with a simple, painless test using a blood pressure cuff -- doctors call it a sphygmomanometer. It consists of a small pressure gauge that is attached to a cuff. The inflatable cuff is wrapped around your upper arm. Some blood pressure cuffs wrap around the forearm or wrist. When taking your blood pressure, the tech will use a stethoscope to listen to the blood moving through an artery. The cuff is inflated to a pressure that's known to be higher than your systolic blood pressure. As the cuff deflates, the first sound heard through the stethoscope is the systolic blood pressure. It sounds like a whooshing noise. When this noise goes away, that indicates the diastolic blood pressure. The systolic blood pressure number is always said first, and then the diastolic blood pressure number is given. For example, your blood pressure may be read as "120 over 80" or written 120/80. High blood pressure should be advised to your physician immediately. Averages 4-6 minutes per screening.

**Monthly Onsite Screenings** – Following your onsite health fair we will come onsite for 1-1.5 hours per month to conduct BMI, Body Fat, and Blood Pressure screenings. This helps attendees keep track of their progress to ensure they are making improvements or sustaining healthy numbers. If an attendee is unable to attend one of the onsite visits they can walk in to our office during our regular business hours. We provide a worksheet they can use to keep track of their numbers on a monthly basis.

Please note that these are the main screenings we offer but may not have been selected by your employer to be conducted at your specific health fair.