



Blood Service Menu Options

Blood Chemistry Profile (PMHRA)

Measures 29 components in the blood - Includes lipid panel, glucose, liver functions, kidney functions, iron, sodium, potassium, etc. **(12-hour fast recommended for an accurate metabolic panel).**

Hemoglobin A1C (GLYLMW)

A1C indicates how well diabetes has been controlled by providing a picture of the average amount of glucose in the blood over 2-3 months.

Highly Sensitive C-Reactive Protein (HSCRP)

CRP is an inflammatory marker. CRP is widely reported as a possible key indicator of heart health and may help physicians predict a patient's long-term risk of a cardiovascular event. Do not participate if you have tissue injury, infection or general inflammation. Individuals with arthritis should not be measured.

Magnesium (MG)

Magnesium helps keep blood pressure normal, bones strong, and the heart rhythm steady. Adults who consume less than the recommended amount of Mg are more likely to have elevated inflammation markers. Low Mg appears to be a risk factor for osteoporosis. Some evidence suggests that eating foods high in Mg and other minerals can help prevent high blood pressure in people with prehypertension.

Prostate Specific Antigen (PSA)

PSA helps detect prostate cancer and is approved along with a digital rectal exam in men age 50 and older.

Thyroid-Stimulating Hormone & Free T4 (TSH3G, T4FREE)

TSH is used to screen adults for thyroid disorders and aids in the diagnosis of hypothyroidism or hyperthyroidism.

Complete Blood Count (CBCLMW)

The CBC is a group of tests used to screen for a wide variety of diseases; includes the following: white blood cells (WBC), red blood cells (RBC), hemoglobin (Hgb), hematocrit (Hct), platelets, mean cell volume (MCV), mean cell hemoglobin concentration (MCHC), neutrophils, lymphocytes, monocytes, eosinophils and basophils.

Follicle Stimulating Hormone (FSH)

FSH is used to help women determine if they are in menopause or have gone through menopause. The test is for women age 45 and older; women who have had a hysterectomy and did not have ovaries removed; women experiencing changes in their normal cycle, having irregular cycles or experiencing hot flashes. This test is not valid if the woman is on any form of estrogen or progesterone.

Vitamin D - 25 Hydroxy (25VITD)

The measurement of 25-OH Vitamin D concentration in the serum or plasma is the best indicator of Vitamin D nutritional status. Vitamin D is synthesized in the skin in response to sunlight. The best nutritional sources of Vitamin D are oily fish - primarily salmon and mackerel - some vegetables, yeast and fungi.

Vitamin B12 (VITB12)

Vitamin B12 (also known as cobalamin) is a vitamin required for neurologic function, DNA synthesis, and production of blood cells. The major dietary sources are meat, fish, and dairy products.

Total Testosterone (TESTTA)

Testosterone is the main sex hormone in men, produced mainly by the testicles. It is responsible for male physical characteristics. Although considered to be a 'male' sex hormone, it is present in the blood of males and females. May be used to help evaluate conditions such as decreased sex drive in men and women, erectile dysfunction in men, infertility in men and women, testicular tumors in men, hypothalamus or pituitary disorders, and Metabolic Syndrome.

Ferritin

Ferritin is a blood cell protein that contains iron. A ferritin test helps your physician to understand how much iron your body is storing.



UnityPoint Health

Des Moines

Community Blood Services 2019

To Register:
Call (515) 241-8604
-or-

Online Registration: <https://www.unitypoint.org/desmoines/classes-and-events.aspx> then **Screenings**
Cash or Check accepted at time of service.

Tuesday, January 8 th	Iowa Lutheran Hospital – Conference Room #1	7:00 - 9 a.m.
Tuesday, January 15 th	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Monday, February 4 th	Merle Hay Family Medicine/Urgent Care – 4020 Merle Hay Rd.	7:30 - 9:30 a.m.
Monday, Feb. 11 th	 Village Cooperative of West Des Moines-845 60 th Street, WDM	8:00 – 10 a.m.
Tuesday, Feb. 12 th	 Altoona Campus- 1500 8 th Street, SW. Altoona	7:00 – 8:30 a.m.
Thursday, February 14 th	Methodist West Hospital – 1660 60 th , WDM – Conference Rm 3&4	7:00 - 9 a.m.
Thursday, February 21 st	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Tuesday, February 26 th	Occupational Health/Wellness-1810 SW White Birch Cir, STE #111, Ankeny	8:30 – 10 a.m.
Wednesday, March 13 th	Edgewater – 9225 Cascade Ave, Club Room, WDM	7:00 - 9 a.m.
Monday, March 18 th	Walnut Creek YMCA – 948 73 rd St, Des Moines	6:30 - 8:30 a.m.
Tuesday, April 2 nd	Iowa Lutheran Hospital – Conference Room #1	7:00 - 9 a.m.
Thursday, April 11 th	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Tuesday, April 23 rd	UnityPoint Ankeny Prairie Trail – 2515 SW State Street, Ankeny	7:00 - 8:30 a.m.
Wednesday, April 24 th	Urbandale Sr. Center- 7305 Aurora Ave. URB	8:00 – 9:30 a.m.
Wednesday, May 1 st	Wesley Acres – 3520 Grand Ave. Des Moines – Theatre Room	8:00 - 9:30 a.m.
Monday, May 6 th	Merle Hay Family Medicine/Urgent Care – 4020 Merle Hay Rd.	7:30 - 9:30 a.m.
Tuesday, May 14 th	Methodist West Hospital – 1660 60 th , WDM – Conference Rm 3&4	7:00 - 9 a.m.
Tuesday, May 21 st	Occupational Health/Wellness-1810 SW White Birch Cir, STE #111, Ankeny	8:30 - 10 a.m.
Thursday, June 6 th	UnityPoint Family Med – 5900 NW 86 th St., STE 100, Johnston	8:00 - 9:30 a.m.
Thursday, June 13 th	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Tuesday, June 18 th	Walnut Creek YMCA – 948 73 rd St, Des Moines	6:30 - 8:30 a.m.
Tuesday, June 25 th	DSM Social Club- 900 Mulberry Street--2nd floor	8:00 - 9:30 a.m.
Tuesday, July 9 th	Iowa Lutheran Hospital – Conference Room #1	7:00 - 9 a.m.
Tuesday, July 16 th	UnityPoint Ankeny Prairie Trail – 2515 SW State Street, Ankeny	7:00 - 8:30 a.m.
Wednesday, July 24 th	East Side Senior Center- 1231 East 26 th Street, DSM	8:00 - 9:30 a.m.
Thursday, August 8 th	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Thursday, August 15 th	UnityPoint Family Med – 5900 NW 86 th St., STE 100, Johnston	8:00 - 9:30 a.m.
Thursday, August 22 nd	Methodist West Hospital – 1660 60 th , WDM – Conference Rm 3&4	7:00 - 9 a.m.
Wednesday, Sept. 4 th	 UnityPoint Family Med/Urgent Care Southglen-6520 SE 14 th St	7:30 – 9 a.m.
Tuesday, September 10 th	Iowa Lutheran Hospital – Conference Room #1	7:00 - 9 a.m.
Tuesday, October 8 th	Methodist West Hospital – 1660 60 th , WDM – Conference Rm 3&4	7:00 - 9 a.m.
Wednesday, October 23 rd	East Side Senior Center- 1231 East 26 th Street, DSM	8:00 - 9:30 a.m.
Tuesday, November 5 th	UnityPoint Family Med Clinic – 30 Hickman Road, Waukee	7:30 - 9 a.m.
Monday, December 2 nd	Merle Hay Family Medicine/Urgent Care – 4020 Merle Hay Rd.	7:30 - 9:30 a.m.
Tuesday, December 10 th	UnityPoint Ankeny Prairie Trail – 2515 SW State Street, Ankeny	7:00 - 8:30 a.m.
Tuesday, December 17 th	Walnut Creek YMCA – 948 73 rd St, Des Moines	6:30 - 8:30 am
Thursday, December 19 th	Occupational Health/Wellness-1810 SW White Birch Cir, STE #111, Ankeny	8:30 – 10 a.m.
Tuesday, December 31 st	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.