

WELLNESS SERVICES

BLOOD SERVICES MENU

Blood Chemistry Profile (12-hour fast)

Measures 29 components in the blood. Including lipid profile, glucose, liver functions, kidney functions, iron, sodium, potassium, etc.

Hemoglobin A1C (HbA1C)

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

Highly Sensitive C-Reactive Protein (CRP)

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 consuming less than the recommended amount of Mg are more likely to have elevated inflammation markers. Low Mg may be a risk factor for osteoporosis. Some evidence 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 (TSH)

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

Complete Blood Count (CBC)

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

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

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

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.



Community Blood Services 2020

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.

Payroll deduct is available (co 101 Corporate, 201 UPHDM, 204 Foundation)

Tuesday, January 7, 2020	Iowa Lutheran Hospital – Conference Room #1	7:00 - 9 a.m.
Tuesday, January 14, 2020	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Monday, February 3, 2020	Merle Hay Family Medicine/Urgent Care – 4020 Merle Hay Rd.	7:30 - 9:30 a.m.
Monday, February 10, 2020	Village Cooperative of West Des Moines - 845 60th Street, WDM	8:00 – 10 a.m.
Thursday, February 13, 2020	Methodist West Hospital – 1660 60 th , WDM – Conference Rm 3&4	7:00 - 9 a.m.
Thursday, February 20, 2020	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Wednesday, March 11, 2020	Edgewater – 9225 Cascade Ave, Club Room, WDM	7:00 - 9 a.m.
Monday, March 16, 2020	Walnut Creek YMCA – 948 73 rd St, Des Moines	6:30 - 8:30 a.m.
Tuesday, March 31, 2020	Iowa Lutheran Hospital – Conference Room #1	7:00 - 9 a.m.
Thursday, April 16, 2020	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Tuesday, April 21, 2020	 Ankeny Medical Park-3625 North Ankeny Blvd. (1st floor Conference Rm)	7:00 - 8:30 a.m.
Wednesday, April 22, 2020	Urbandale Sr. Center- 7305 Aurora Ave. URB	8:00 – 9:30 a.m.
Wednesday, April 29, 2020	Wesley Acres - 3520 Grand Ave. Des Moines – Theatre Room	8:00 - 9:30 a.m.
Monday, May 4, 2020	Merle Hay Family Medicine/Urgent Care – 4020 Merle Hay Rd.	7:30 - 9:30 a.m.
Tuesday, May 12, 2020	Methodist West Hospital – 1660 60 th , WDM – Conference Rm 3&4	7:00 - 9 a.m.
Thursday, May 28, 2020	 UnityPoint Family Med - 101 SE Destination Dr, Grimes	8:00 - 9:30 a.m.
Thursday, June 4, 2020	UnityPoint Family Med – 5900 NW 86 th St., STE 100, Johnston	8:00 - 9:30 a.m.
Thursday, June 11, 2020	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Tuesday, June 16, 2020	Walnut Creek YMCA – 948 73 rd St, Des Moines	6:30 - 8:30 a.m.
Tuesday, July 7, 2020	Iowa Lutheran Hospital – Conference Room #1	7:00 - 9 a.m.
Tuesday, July 14, 2020	UnityPoint Ankeny Prairie Trail – 2515 SW State Street, Ankeny	7:00 - 8:30 a.m.
Wednesday, July 22, 2020	East Side Senior Center- 1231 East 26 th Street, DSM	8:00 - 9:30 a.m.
Thursday, August 6, 2020	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.
Thursday, August 13, 2020	UnityPoint Family Med – 5900 NW 86 th St., STE 100, Johnston	8:00 - 9:30 a.m.
Thursday, August 20, 2020	Methodist West Hospital – 1660 60 th , WDM – Conference Rm 3&4	7:00 - 9 a.m.
Tuesday, September 22, 2020	Iowa Lutheran Hospital – Conference Room #1	7:00 - 9 a.m.
Tuesday, October 6, 2020	Methodist West Hospital – 1660 60 th , WDM – Conference Rm 3&4	7:00 - 9 a.m.
Thursday, November 5, 2020	UnityPoint Family Med Clinic – 30 Hickman Road, Waukee	7:30 - 9 a.m.
Tuesday, November 10, 2020	Iowa Lutheran Hospital – Conference Room #1	7:00 - 9 a.m.
Wednesday, December 2, 2020	Merle Hay Family Medicine/Urgent Care – 4020 Merle Hay Rd.	7:30 - 9:30 a.m.
Tuesday, December 15, 2020	Walnut Creek YMCA – 948 73 rd St, Des Moines	6:30 - 8:30 am
Tuesday, December 29, 2020	IMMC- Methodist Plaza Atrium	7:00 - 9 a.m.