

**Health Fair Lab Values –
What do they mean?**

By
Mila
Bandel
County Health Nurse



The Spring Health Fair in Cheyenne County is coming up, April 15-19, for blood draws and April 22-26 for men and women exams. Lab blood tests are generally done for one of the following reasons:

- To screen for a disease; To help rule out a disease or condition.
- To assess the severity of a disease.
- To monitor the progression of a disease, how well an organ is working, or if treatment is helping.
- To find the cause of symptoms.
- To confirm a diagnoses.

The labs offered during the health fair will include: Chemistry panel, TSH, Lipid, Hemoglobin A1C, and PSA (for men).

Do you ever wonder what exactly your lab values mean?

Chemistry panel or comprehensive metabolic panel – this is a group of tests that are routinely ordered to determine a person's general health status. The metabolic panel includes the following tests:

Glucose - Energy source for the body; a steady supply must be available for use, and a relatively constant level of glucose must be maintained in the blood.

Calcium - One of the most important minerals in the body; essential for the proper functioning of muscles, nerves, and the heart and is required in blood clotting and in the formation of bones

Proteins

Albumin - A small protein produced in the liver; the major protein in serum

Total Protein - Measures albumin as well as all other proteins in serum

Electrolytes

Sodium - Vital to normal body processes, including nerve and muscle function

Potassium - Vital to cell metabolism and muscle function

CO₂ (carbon dioxide, bicarbonate) - Helps to maintain the body's acid-base balance (pH)

Chloride - Helps to regulate the amount of fluid in the body and maintain the acid-base balance

Kidney tests

BUN (blood urea nitrogen) -

Waste product filtered out of the blood by the kidneys; conditions that affect the kidney have the potential to affect the amount of urea in the blood.

Creatinine - Waste product produced in the muscles; filtered out of the blood by the kidneys so blood levels are a good indication of how well the kidneys are working

Liver tests

ALP - Enzyme found in the liver and other tissues, bone; elevated levels of ALP in the blood are most commonly caused by liver disease or bone disorders.

ALT - Enzyme found mostly in the cells of the liver and kidney; a useful test for detecting liver damage

AST - Enzyme found especially in cells in the heart and liver; also a useful test for detecting liver damage

Bilirubin - Waste product produced by the liver as it breaks down and recycles aged red blood cells

Lipid profile

Lipid profile is a test that assesses your risk of developing cardiovascular (heart) disease and stroke.

A lipid profile typically includes:

Total cholesterol - this test measures all of the cholesterol in all the lipoprotein particles.

High-density lipoprotein cholesterol (HDL-C) - measures the cholesterol in HDL particles; often called "good cholesterol" because it removes excess cholesterol and carries it to the liver for removal.

Low-density lipoprotein cholesterol (LDL-C) - calculates the cholesterol in LDL particles; often called "bad cholesterol" because it deposits excess cholesterol in walls of blood vessels, which can contribute to atherosclerosis.

Triglycerides - measures all the triglycerides in all the lipoprotein particles; most is in the very low-density lipoproteins (VLDL).

TSH - this test is to help evaluate thyroid gland function as to hypo or hyperthyroidism due to a condition affecting the thyroid.

Hemoglobin or complete blood count

The Complete Blood Count

(CBC) is a test that evaluates the cells that circulate in blood - white blood cells (WBCs), red blood cells (RBCs), and platelets (PLTs). They are produced and mature primarily in the bone marrow and, under normal circumstances, are released into the bloodstream as needed. A standard complete blood count includes the following:

Evaluation of white blood cells: white blood cells count.

Evaluation of red blood cells: red blood cells count, hemoglobin (Hb), hematocrit (Hct) and red blood cells indices.

A1C - This test evaluates the average amount of glucose in the blood over the last 2 to 3 months in detection of diabetes.

PSA or Prostate Specific Antigen - this test is to screen men for prostate cancer.

It is important to keep current with your lab work and understanding your results will help you and your medical provider discuss the next step in your health status. For more information on the upcoming health fair call the Cheyenne County Health Department at 785-332-2381.

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sign with the Society will be best for the county and the taxpayers. Words have been changed - some taken away and others added. They want the Society to know that the taxpayers money will be used as an allotment and will be given only when it is needed - that the Society will not get the full amount, 6 mills, only what the administrator needs for its operations or when money is needed to maintain the facility.

At the Thursday meeting, Karan Thadani, county attorney, said he thought that the lease agreement was a fairly standard lease and didn't appear there was any trick clauses or something deceiving.

In item 9 of the lease, which talks about funds for capital improvements and operational support, the commissioners were concerned about the word "shall" - "that the county 'shall' remit said funds for operational expenses." The commissioners thought that "shall" could be replaced by "will remit funds if deemed necessary by the commissioners." They also suggested other wording, "reasonably

required and asked for."

They discussed that, if the county is giving the money for expenses, then the commissioners could ask that the Village staff purchase items and services in the county. It was pointed out that, when the nursing home is owned by the county, then both the nursing home and hospital will be county-owned. They could require that services such as physical therapy could be shared. There may be other such services they can share.

They asked Jeff Paulsen, Village administrator, if he would object to having a county-hired inspector come to the facility to see if there were any repairs that might not have been reported. Mr. Paulsen said he would not object but also wanted to know if the county's insurance inspectors had made a report?

Kody Krien, owner of Krien Pharmacy, was present at the meeting, noting that the society had sent him a 50-page contract that, among other things, requiring that he be available 24 hours a day, seven days a week. That he give hourly updates on the

prices of medicines.

I refused to sign it, Dr. Krien said.

He had contacted other nursing homes in the area and only pharmacies in towns where the Good Samaritan Society leased nursing homes (Atwood and Oberlin) had received such a contract and those pharmacists had also refused to sign it. None of the other nursing homes in the area had received it.

Before they closed the meeting, the commissioners talked about who was removing the snow from the nursing home parking. Mr. Paulsen said the Village maintenance staff was removing it but with a very small piece of equipment. It would be nice, he said, if the tractor at the airport could at least remove the snow on the road used by airport people.

He also thought the van, skid loader and four-wheeler, now owned by the Village, would be included with the purchase of the property. It is something that we will need to look into, Mr. Paulsen said.

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Luton Secondary Boys' School, and Ione taught at Walderslade Secondary Boys' School.

After returning to Kansas, Ione taught music at Holton, while Mike returned to Valley Falls to teach and coach.

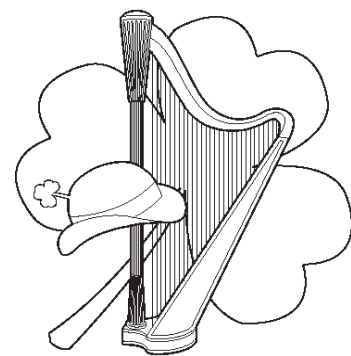
In 1984 Ione received a master's in music education from Fort Hays State University. From 1981-86 Mike was the kindergarten through eighth grade principal in Valley Falls.

Ione and Mike, who love to travel, took a year off from teaching in 1986-87 to complete a five-continent, 27-country backpacking trip around the world. After their travels, Mike completed his doctorate of education degree at Kansas State University.

In 1989, the Slattery's moved to Hays where Mike was a professor in the Department of Educational

Administration and Counseling at Fort Hays State University. Ione taught seventh through 12th band and vocal music for two years at Grainfield-Wheatland and then two years of elementary music at Quinter. From 1993-2011 Ione taught vocal music at Roosevelt Elementary School in Hays.

The Cheyenne Center for Creativity is pleased to present Irish Music with the Slattery's. Everyone is urged to attend.



Student Essay

A Moment to Remember

By Jeremiah Neitzel
Eighth grade

Do you have a moment you will remember the rest of your life? Mine came when our team went to play the Hornets in Dighton, KS. This was our first basketball game of the season. We wanted to come out of Dighton with a win.

We were doing warm-up shot to get ready. The ref threw the ball up; I jumped and hit it to my teammates. We hit a ten foot jumper which put us on top early. Coach Morrow said I would have to be an animal by getting boards and everything else. Dighton got an easy lay up to tie it up. My team took the ball out the ball out and went up the court to get two points. Dighton took the ball; drove the lane, but missed it.


At half time it was 30 to 11. We

got to our locker room and the coach was not happy. We weren't playing to our ability. At the beginning of the third quarter, we came out rolling. Dighton players were completely confused by what we were doing. They only scored four points in the third quarter. At the end of three quarters, we were just down by five points.

We went into the fourth quarter and both teams were battling hard for the win. With just ten seconds left, my team passed the ball to me and my only choice was to shoot. I jumped up, shot the ball, and as time expires the ball hit the rim and bounced in. We won the game! The final score was 50 to 51. So that is my most memorable moment; what's yours?

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Trees for Sale: The Cheyenne County Conservation District will be taking orders for trees and shrubs until March 31st. Order early to guarantee availability. Anyone may order in any amount. Trees will be available for pick up on Saturday, April 12, 2013. We also sell heavy duty fabric weed barrier and drip supplies for your windbreaks, gardens or landscaping projects. Stop by the office on West Highway 36, St. Francis or call 785-332-2341 ext. 101 to order your trees

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