# MONTCLAIR HEALTH DEPARTMENT SCREENINGS AND PROGRAMS

## SMAC Blood Screening

*September 17, 2011 ✷ 8:00 a.m.*

Complete blood chemistry profile for $36.00, over 20 values will be tested. The blood profile includes a CBC, blood cholesterol levels, HDL, or "good" cholesterol levels and LDL, or 'bad" cholesterol and a coronary heart disease risk assessment. Other components of the blood such as glucose, calcium, uric acid, bilirubin, and albumin are also measured. *Additional add-ons avail:*

T3: $10.00 T4: $10.00 TSH: $20.00 PSA: $30.00

**Appointment and pre-payment required.**

## Bone Density

September 20, 2011 ✷ *9:30 – 11:30 a.m.*

A noninvasive ultrasound gives an immediate and accurate reading of your bone health. $10.00 for ages 55 and older and $12.00 for those under 55 years of age. **Appointment Required.**

## Respiratory Screening:

October 6, 2011 ✷ *9:30 – 11:30 a.m*

A simple spirometry test administered by a registered respiratory tech can determine the presence of obstructive and/or restricted lung disease. Spirometry is not a test for lung disease, but of lung function or how well they are working. **Appointments Required. $5.00**

## Adult Vision Screening

October 25, 2011 ✷ *10 a.m. – 1:00 p.m.*

Conducted by Project Prevention, Commission for the Blind. All attendees will be screened for Visual Acuity, Glaucoma, Retinopathy, Cataracts, Macular Degeneration and Diabetic Changes. If you wear any type of corrective lenses such as glasses or contact lens please bring them with you**. Free! Appointment Required.**

## Diabetes Screening

November 2, 2011 ✷ *9:30 – 11:30 a.m*

This screening is non-fasting (no need to refrain from eating prior to the test), you will receive immediate results and individual counseling and educational materials will be available. **Walk-Ins Welcomed.**

## Nutritional Assessments

*December 6, 2011 ✷ 9:00 a.m. – 12:00 noon*

A registered dietician will meet with participants to discuss nutritional information and answer questions. All participants will complete a nutrition assessment questionnaire prior to the event. **$10.00 Appointment Required.**

Montclair
DEPARTMENT OF HEALTH & HUMAN SERVICES

**To register for any of these programs please call (973) 509-4974. Please call no sooner, than one month prior to the event.**

*All screenings held at 205 Claremont Ave Montclair*