

Livingston County Health Center to host Adult Wellness clinic

News

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The Livingston County Health Center will be offering its Adult Wellness Blood Draw Clinic on Wednesday morning, January 30th from 7 o'clock to 10 o'clock. The clinic will be held at the health center office at 800 Adam Drive in Chillicothe. The clinic is an effort to encourage adults to recommended preventative screenings conveniently, and at an affordable charge.

The health center is offering several basic blood tests for those 18 and older, all of which require fasting the night before. To achieve the "most accurate results", it is best NOT to eat or drink anything but water after midnight the day before a blood test. A light snack will be available at the clinic, as well as water. If you are considered a "challenging draw", it might help to drink water when you wake up in the morning and until your blood is drawn.

The Livingston County Health Center will also be collected items for their local food pantry. Items in need are Hamburger Helper, Tuna Helper, tuna and canned vegetables. People can take these donations to the January 30th clinic.

Tests being offered include the CBC/Chem Profile, for \$25.00. This is the most comprehensive blood test, measuring 35 different blood parameters that can have a powerful impact on the state of your health, including complete blood panel, cholesterol profile including lipids, thyroid function, and more. There is a PSA prostate cancer marker for \$8.00. A Hemoglobin A1C test gives diabetics a picture of average blood glucose control for the past 2 to 3 months. This is available for \$7.00. The Vitamin D (23[OH]D), which is short-hand for 25-hydroxyvitamin D, costs \$10.00.

Current research is revealing connections between Vitamin D deficiency and a number of health concerns, including cancer, depression, osteoporosis, immune dysfunction, diabetes, and heart disease.