

News Release

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For Release immediately through 6/4

Comprehensive Blood Test Screening

Both men and women are encouraged to check their heart health at the Adult Health Screening on Thursday, June 11, starting at 8 a.m. The screening includes the CMP (comprehensive metabolic profile blood analysis), blood pressure checks, information on cholesterol and diet, fitness and preventing osteoporosis. The CMP analysis includes total cholesterol, HDL and LDL cholesterol, CBC and other blood components. There is a \$25 fee for this service for Madison and Springfield residents. Registration must be made for each program by calling 973-593-3079 ext 1 on weekdays starting May 14. This screening is a fasting test.

All adults are advised to know their cholesterol numbers. As obesity and overweight have increased to an estimated 60% of the population in the U.S., cholesterol has also risen to dangerous levels. A cholesterol reading of under 200ml/dl is recommended, but the levels of HDL and LDL, components of cholesterol, are also of major importance for good heart health. Dietary fats, fiber, and exercise can all affect cholesterol levels. Information on lowering cholesterol levels will be available at the screening.

The screening is offered by the Madison Health Department in their offices at the Madison Civic Center, 28 Walnut Street with parking behind the building. Entrance is through the glass doors on the side of the building and down the stairs to the offices on the right.

All residents of Madison and Springfield may participate annually in this screening. Participants should have their physician's name, address and telephone number ready when they call.