

# October Health Screenings

The Bloomfield Public Health Nursing Office will conduct the following free or low-cost health screenings in October. Unless otherwise indicated, screenings are conducted in the Public Health Nursing Office, at One Municipal Plaza, lower level. Details at (973) 680-4058.

**Diabetes Screening** - Thursday, Oct. 27, 10 a.m. - noon, Brookdale ShopRite. Free.

**Blood Screening** – Thursday, Oct. 13, 8 a.m. to 10 a.m. Health panel (blood chemistry, blood count, lipid panel and thyroid) - \$35. PSA - \$35. Health panel and PSA - \$50. Other available blood tests include thyroid panel, blood type and Rh factor, reactive protein, Vitamin D25 and hemoglobin – call for costs.

**Osteoporosis (Bone Density) Screening** – Ultrasound of the wrist, for men and women. Monday, Oct. 24, 10 a.m. to noon. \$10 for age 55 and older. All others, \$12.

**Pap Smear and Mammography** – Thursday, Oct. 27. Free for women age 40 years and older who are uninsured and meet financial guidelines. Women with Medicare do not qualify.

**Clinical Breast Exam** - Thursday, Oct. 27. Free screening for women age 21 through 39 who are uninsured and meet financial guidelines.

**Tuberculin Skin Test (PPD, Mantoux, TST)** - \$20. Call for information.

**Adult Vaccine Program** – Protect yourself against vaccine-preventable diseases. Monday through Friday, 8:30 a.m. to 4 p.m. For age 19 and older. Call for information and eligibility requirements.

**Well Child Program** – Vaccines, lead screening, autism screening, growth and development assessment, post-partum depression screening. For age 2 months through 18 years. Service available most Wednesdays. Appointments at 9 a.m. Call for details and eligibility requirements.

**File of Life Program** – Do you carry a list of your medicines on a piece of paper that has seen better days? Come to the Nursing Office and pick up a two-part File of Life. One part fits in a wallet and is protected with a plastic cover, the other is a magnet for your fridge. Information on the File of Life includes: emergency contacts, health care provider names/numbers, medications, allergies, insurance, medical conditions, health proxy, advance directives, and blood type. The File of Life is a free program sponsored by the Bloomfield Emergency Squad and the Bloomfield Office of Emergency Management.

## FREE Blood Pressure Checks

- Thursdays, Oct. 6 and 20, 9:30 -10:30 a.m., Nursing Office.
- Thursday, Oct. 13, 10 a.m. - noon, Brookdale ShopRite.
- Friday, Oct. 21, 11:30 a.m. -12:30 p.m., Civic Center.