

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

Suggestion: Create a separate folder for this information for ease of reference.

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

Our parish spirit is rising, is rising.

Free Health Screenings

http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200835

Savvy Senior

Dear Savvy Senior,

Last month I got a free cholesterol and blood pressure screening at my local pharmacy. While I was there, the pharmacist told me that there are many organizations that offer free or low-cost health screenings to help uninsured people in need. Where can I find out about these free screenings?

-- Waiting for Medicare

Dear Waiting,

Depending on where you live, there may be a wide range of free or low-cost health screenings available to you. Here's what you should know.

Screening Search

There are countless organizations, government agencies and even businesses across the country today that provide free or low-cost health screenings. While there's no one single resource for locating them, your first step should be to call your city, county or state health department and ask if they are planning or know of any upcoming health fairs or free screening programs. You should also check with your local hospitals, pharmacies and senior centers as these are where most free screenings are held. National and local health associations may also help you identify disease-specific screenings. For example, to search for free/low-cost cancer screenings, contact the American Cancer Society (800-227-2345). Or to look for diabetes screenings, call your local American Diabetes Association office (call 800-342-2383 to get your number).

In the meantime, here are some national screening programs and services you should know about.

Vascular disease: Throughout September, a program called Legs for Life offers free screenings for peripheral arterial disease, a "hardening of the arteries" condition that indicates an increased risk for heart attack or stroke. Some sites can also test for related diseases like abdominal aortic aneurysm and carotid artery disease. To find a screening site, visit www.legsforlife.org or call 800-488-7284. Another resource that maintains a directory of health care facilities offering free/low-cost vascular screenings is www.vascularweb.org. Also see www.cdc.gov/wisewoman and www.sistertosister.org to find women-specific cardiovascular screenings in multiple cities.

Skin cancer: The American Academy of Dermatology (888-462-3376, www.aad.org/public/exams/screenings) offers free screenings done by hundreds of volunteer dermatologists across the U.S. Free screenings are also offered by the American Society for Dermatologic Surgery (www.aad.org/public/exams/screeningswww.skincancertakesfriends.org; 847-956-0900) and the Skin Cancer Foundation (www.skincancer.org; 800-754-6490).

Breast and cervical cancer: The CDC's National Breast and Cervical Cancer Early Detection Program (www.cdc.gov/cancer/nbccedp; 800-232-4636) provides low-income, uninsured and underinsured women access to free or low-cost mammograms and Pap tests. Free/low-cost breast cancer screenings are also available at hundreds of hospitals and clinics on National Mammography Day on Oct. 17, 2008. To locate a screening site, visit the National Breast Cancer Awareness Month website at www.nbcam.org and click on "Find a Mammography Center Near You." Once you locate one you'll need to call to find out if they are offering free screenings, and if so, schedule an appointment.

Prostate cancer: During National Prostate Cancer Awareness Week, September 14 - 20, (www.pcaaw.com; 866-477-6788) the Prostate Cancer Educational Council coordinates with hundreds of local sites across the U.S. offering free or low-cost screenings to all men over age 45, or to high-risk men (African Americans or those with a family history of the disease) over 40. The National Prostate Cancer Coalition and the Drive Against Prostate Cancer (www.fightprostatecancer.org; 888-245-9455) also offers free screenings on mobile screening units that tour around the country.

Kidney disease: The National Kidney Foundation (www.keeponline.org; 800-622-9010) offers free screenings in 48 communities across the country for those at elevated risk - adults with high blood pressure, diabetes or a family history of kidney disease. They also offer free screenings in at least 20 additional cities on World Kidney Day, March 12, 2009.

Memory: If you have concerns about memory loss or have a family history of Alzheimer's disease, the Alzheimer's Foundation of America (866-232-8484; www.nationalmemoryscreening.org) offers free memory screenings across the U.S. on National Memory Screening Day, Nov. 18.

Asthma: In May, the American College of Allergy, Asthma & Immunology (www.acaai.org) sponsors free asthma screenings in more than 250 locations nationwide.

Depression: National Depression Screening Day (www.mentalhealthscreening.org) on October 10 offers hundreds of free screenings nationwide for depression, anxiety and other stress disorders.

Savvy Tip: For a more in-depth list of free/low-cost screening programs, including a breakdown of Medicare's screening services go to www.FreeHealthScreenings.org.