



Carroll County Public Health a Division of St. Anthony Regional Hospital with special grant funding from the Elderbridge Agency on Aging are proud to provide **Senior Health Screening** and **Foot Care Clinics**. These agencies are committed to keeping you health for generations to come!

The **Senior Health Screening Clinic** is a program that fosters optimal health and wellness for Carroll county residents who are 60 years of age and older. The screening clinics include:

- A dietary assessment
  - Health education
  - Referrals to other medical professionals if needed
  - Screening tests for blood sugar, anemia, cholesterol, blood pressure, colon cancer, vision and hearing, kidney and urinary tract, and prostate level.
- A detailed health history
  - A physical assessment by a Registered Nurse

### **What can I expect at a Health Screening Appointment?**

You should schedule a time to come into the Luke Building early in the morning and have your blood drawn. It is recommended to refrain from eating after midnight the night before the blood draw. A follow-up appointment will be scheduled at your convenience a few days later to go over the lab results and also be assessed by the Registered Nurse. You should expect to spend about 45-60 minutes at the follow up appointment.

The **Senior Health Foot Care Clinic** is for those 60 years of age and older who are in need of assistance with foot care and toenail trimming. The foot care clinic includes a foot assessment, foot soak and massage, and a toenail trim by a Registered Nurse. Referrals to podiatrists are also made if indicated.

Foot clinics are held at Monterey Point (near Fareway in Carroll) on the 4<sup>th</sup> Wednesday of every month. Appointments can be made by calling the St. Anthony Home Health office. Appointments can also be made to provide foot care in the privacy of our office located in the Luke Building. Please call to schedule.

Do something for yourself today and call to schedule an appointment at 712-792-8279 or 1-800-684-3020.  
A small donation is encouraged to assist the program in continuing.

