

Cholesterol Screening Lipid Profile

What is the purpose of the lipid profile test?

The lipid profile test is a group of tests that can help determine the risk of coronary heart disease. The test includes a check of your total cholesterol, high density lipoprotein (HDL or good cholesterol), low density lipoprotein (LDL or bad cholesterol) and triglyceride levels.

Why is the lipid profile test important?

Having high cholesterol increases your risk of developing heart disease, so testing your blood for cholesterol can be a matter of life and death.

How do I prepare for this test?

To get an accurate and true cholesterol screening, you should fast nine to 12 hours before the test.



102.2 million Americans age 20 and older have a "borderline high" total blood cholesterol level.

- American Heart Association

Visit mylifecheck.heart.org or call 1-800-242-8721.

Diabetes Screening Hemoglobin A1C

What is the purpose of the hemoglobin A1C test?

The test measures your average blood glucose control for the past 2 to 3 months. The hemoglobin A1C test does not replace daily self-testing of blood glucose. It's recommended that you check your A1C twice a year at a minimum, or more frequently when necessary.

Why is the hemoglobin A1C test important?

Diabetes is a serious disease that often goes undiagnosed and can lead to heart disease, kidney disease, amputations and blindness. The American Diabetes Association estimates 425,157 persons aged 18 and older in Texas have undiagnosed diabetes.

How do I prepare for this test?

No special preparation is needed.

It is estimated that more than 400,000 Texans have undiagnosed diabetes.

- American Diabetes Association



Visit www.diabetes.org or call 1-800-DIABETES.

Prostate Cancer Screening PSA

What is the purpose of the PSA test?

The prostate-specific antigen blood test (PSA test) is a screening test that measures the amount of prostate-specific antigen (PSA) in a man's blood. If levels are high, it may indicate a risk for prostate cancer.

Why is the PSA test important?

Doctors' recommendations for screening vary. Some encourage yearly screening for men over age 50, and some advise men who are at a higher risk for prostate cancer to begin screening at age 40 or 45.

PSA is a chemical made by the prostate, a gland located near a man's bladder that produces the fluid in semen. PSA levels normally increase as a man ages, but a higher-than-normal PSA level can be one clue that cancer has developed. However, high levels of PSA also can be found in other conditions that are noncancerous.

How do I prepare for this test?

You should abstain from sexual activity for at least 48 hours prior to having your PSA level tested. If you recently have had cystoscopy, needle biopsy of the prostate, or a urinary tract infection, you should check with your doctor before scheduling your PSA test.

The goal of screening for prostate cancer is to find it early, in the hope that it can be treated more effectively.

- American Cancer Society

Visit www.cancer.org or call 1-800-227-2345.

Easy steps to monitor your health

1 Donate regularly and earn points.

2 Call South Texas Blood & Tissue Center to check how many points you've earned.

210-731-5555, ext 1375 or 800-292-5534, ext 1375

3 When you have enough points, call the same number to redeem them. Tests will be scheduled by appointment only and require that a vial of blood be drawn.

4 The results will be mailed to your address in about 7-10 business days. If you want your results faxed to your physician's office, please bring the fax number with you at the time of screening.

By redeeming your Wellness Rewards points, you are providing STBTC consent to draw a vial of blood for use in determining your health screening results. For more specific disclaimer information, please visit southtexasblood.org.



Wellness Rewards

M _____ HAS AN APPOINTMENT ON _____ AT _____ AM
PM

FOR: Diabetes Screening Hemoglobin A1C
 Cholesterol Screening Lipid Profile
 Prostate Cancer Screening PSA

LOCATION _____

For more information call 800-292-5534 ext. 1375

Lives throughout South Texas have been saved because of your generous donations. Now donors and their families have the opportunity to lead healthier lives.

How to transfer or donate points

Call **800-292-5534, ext. 1375** and give your name, number of points you are donating, and the name of the person who will redeem them. Then, they may call and make an appointment.

You may also donate your points to one of our partnering organizations so that others in our community can take advantage of these wellness screenings.

For more information visit our community partners online:



**South Texas
Blood & Tissue Center**
800-292-5534
www.southtexasblood.org



American Heart Association
Learn and Live
1-800-242-8721
www.heart.org



STOP DIABETES
American Diabetes Association
1-800-DIABETES
www.diabetes.org



American Cancer Society
1-800-227-2345
www.cancer.org

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Introduction to Wellness Rewards

In an effort to promote wellness in South Texas, donors can earn points to receive select health screening exams at no cost.

With these tools, donors can monitor their health and that of their families. STBTC has partnered with the American Heart Association, American Diabetes Association and American Cancer Society to bring our community Wellness Rewards.

How does the program work?

Donors earn points to redeem for health screening tests.

Points earned may be transferred or donated to a person over the age of 18.



Wellness Rewards



Points earned	
1 point	Whole blood donation
1 point	Plasma donation
2 points	Platelet donation
2 points	Dual red cell donation
Points redeemed	
2 points	Cholesterol: Lipid Profile
2 points	Diabetes Screening: Hemoglobin A1C
4 points	Prostate Cancer Screening: PSA

