



# HEALTH SCREENING 2010



# Wim & Wiger

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

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Editor: Susan Bishop

(707) 445-7126

Date	Time	Place
Tuesday, 2/02/10	6:00 - 9:00 a.m.	<b>Humboldt County Office of Education Resource Center Conference Room (TRC)</b> Call Susan Bishop (707) 445-7126
Thursday, 2/04/10	7:00 - 9:00 a.m.	<b>Ferndale High School - Library</b> Call Cindy Vickers (707) 786-5900
Tuesday, 2/09/10	6:00 - 9:30 a.m.	<b>McKinleyville Middle School - Azalea Station</b> Call Jeff Brock (707) 839-1549
Thursday, 2/11/10	6:30 - 10:00 a.m.	<b>College of the Redwoods - Boardroom</b> Call Teresa or Connie (707) 476-4142
Thursday, 2/25/10	6:30 - 8:30 a.m.	<b>Norman G. Ambrosini School - Cafeteria</b> Call Trudy Bonnikson (707) 725-4688
Tuesday, 3/02/10	6:00 - 8:00 a.m.	<b>Eureka H. S. Annex (formerly Marshall Elem)</b> Call Pam Nason (707) 441-3363
Thursday, 3/04/10	6:00 - 9:00 a.m.	<b>Humboldt County Office of Education Resource Center Conference Room (TRC)</b> Call Susan Bishop (707) 445-7126
Tuesday, 3/09/10	6:00 - 10:00 a.m.	<b>Arcata High School - Multi Purpose Room</b> Call Tammy Pires (707) 839-6481
Wednesday, 3/10/10	6:00 - 9:30 a.m.	<b>McKinleyville Middle School - Azalea Station</b> Call Jeff Brock (707) 839-1549
Tuesday, 3/16/10	6:00 - 9:30 a.m.	<b>Humboldt County Office of Education Resource Center Conference Room</b> Call Susan Bishop (707) 445-7126
Thursday, 3/18/10	6:00 - 9:30 a.m.	<b>Fortuna High School - Healthy Start Bldg.</b> Call Sarah Reback 725-4461 ext. 3011
Tuesday, 3/23/10	6:00 - 10:00 a.m.	<b>Southern Humboldt - So. Fork HS Library</b> Call Bambi Henderson (707) 943-1789
Thursday, 3/25/10	7:30 - 8:30 a.m.	<b>College of the Redwoods - Crescent City</b> Call Kelly Wilson (707) 465-2306
Thursday, 4/01/10	7:30 - 9:00 a.m.	<b>College of the Redwoods - Mendocino</b> Call Charlie Claybrook (707) 962-2663
Tuesday, 4/13/10	7:00 - 10:00 a.m.	<b>Hoopa High School - GYM Foyer</b> Call Carol Hutton (530) 625-5600 ext. 1, then ext. 1005
Thursday, 4/15/10	7:30 - 9:00 a.m.	<b>Mattole Elementary School</b> Call Lauren Jones (707) 629-3311

## Director's Note

Stacy Lane - JPA Director

Happy Holidays to you and your family. Below are three quick reminders for you as we kick off the New Year!

**Health Screening-** Just another reminder that our annual Health Screening is kicking off in early February. As I mentioned last month, please make sure you participate in this important program as it covers screenings for everything from Diabetes to hormone deficiencies. The schedule for times & locations are printed in this brochure, which can be accessed on our website at [www.ncsmig.org](http://www.ncsmig.org). You can register to attend any location, not just those in your district.

**Retirement-** If you are planning on retiring any time soon, we want to offer our help to you with your insurance planning. Things change with your coverage when you retire,

as well as the coverage for your dependants. There are lots of insurance nuances that we can assist you with. Please feel free to give me a call at 707-445-7055 if you would like to discuss your options.

**Health sport-** HealthSport has graciously offered a group rate for all members of the North Coast Schools' Medical Insurance Group. This group program offers reduced enrollment fees and reduced additional member fees for those with multiple family members on the plan. HealthSport has locations in McKinleyville, Arcata, Fortuna and in Old Town Eureka. There is also a new location under construction in Eureka off Myrtle Avenue which is expected to be complete in 2010. HealthSport offers group exercise classes, swimming, racquetball, yoga, weightlifting and much more.



**Don't Forget**  
the FREE 24/7 NURSELINE  
(800) 977-0027

# Description of Health Screen Tests Values:

**Glucose:** This is a measure of sugar levels in your blood. High values are associated with diabetes. Low values are present with hypoglycemia.

**Albumin and Globulin:** These quantitate two types of protein in your blood. Globulin is the “antibody” protein important in fighting disease. If one of these is high but all other values are within normal range, the result is probably not significant.

**A/G Ratio:** This is the mathematical ratio of albumin to globulin. High values are probably not significant. Low values, especially less than 1.0, may indicate liver disease.

**Potassium:** This is one of the electrolytes which is very carefully controlled by the kidneys. It is important for the proper functioning of nerves and muscles, especially the heart. Any values outside of normal range, high or low, require medical evaluation. This is especially important if you are taking a diuretic.

**Sodium and Chloride:** These are also electrolytes which are regulated by the kidneys and the adrenal glands. They are important for the functioning of nerves, muscles, and most cells. If one is outside the normal range, but not the other, and the other results are normal, it is probably not significant. If both are outside, further evaluation should be done.

**Calcium and Phosphorus:** These minerals are controlled by the kidneys and the parathyroid gland. They are found primarily in bone, but are also important for proper blood clotting and nerve cell activity. Any elevated calcium or low phosphorus should be evaluated by your physician.

**SGOT, SGPT and GGT:** These are abbreviations for proteins called enzymes which aid various chemical activity within the cells. Injury to these cells releases the enzyme into the blood. They are found in muscles, the liver, and the heart. Damage due to a number of diseases, as well as alcohol and drugs, is reflected in high values which should be evaluated by a physician. Low values are not significant.

**LDH:** This is an enzyme present in all cells of the body. If the blood is not processed promptly, a false elevation can occur. If only the LDH is elevated, it is probably not significant. Low values are insignificant.

**Bilirubin (TBILI and DBILI):** These two bilirubin fractions are the primary pigments in bile. Elevated levels may indicate liver disease or a disease state which reduces the normal flow of bile causing an increase in bile itself. Low values are insignificant.

**Uric Acid:** It is normally excreted in urine. High values are associated with gout, arthritis, kidney disease and the use of some diuretics. Low values are not significant.

**Total Protein:** This is a measure of the sum of the albumin and globulin. Abnormally high or low values may be significant in conjunction with other abnormalities.

**Blood Urea Nitrogen:** This is a waste product produced in the liver and excreted by the kidneys. High values indicate poor kidney function. Also, high protein diet and/or strenuous exercise may cause an elevation. Low values may be seen during pregnancy.

**Creatinine:** This is also a waste product excreted by the kidneys. High protein diet does not affect Creatinine. High values should be evaluated by a physician, especially if the BUN is elevated, as well. Low values are not significant. Nonprescription drugs (aspirin, cold medications, vitamins, etc), prescription drugs, and alcohol often affect your test results. Your health care provider must have a complete and honest picture to evaluate your results effectively.

**Cholesterol:** This is a type of fat found in the blood which is associated with heart disease. It is produced in the liver in sufficient quantities to meet the body needs. Increased levels are usually due to improper eating habits. Saturated fats are high in cholesterol, such as meat fat, dairy products, and shortening. Low values are not significant.

**Triglycerides:** This is also a type of fat in the blood. Elevation tends to be glucose-induced which makes fasting very necessary before testing. Elevated values may be seen in diabetes or heart disease. Decreased values are insignificant.

**Low Density Lipoprotein (LDL):** This is one of the blood lipoproteins which carries a portion of the cholesterol. These “packages of fat” contain the greatest amount of cholesterol and are sometimes called the “bad” cholesterol when elevated.

**High Density Lipoprotein (HDL):** This is the lipoprotein which carries a lesser amount of cholesterol in its “package” and is sometimes called “good” cholesterol. Elevation decreases the chance of heart disease and may be increased by regular exercise, losing weight, and refraining from smoking. Low levels increase the risk of heart attack.

**Cholesterol-HDL Ratio:** This is a calculation of the cholesterol level divided by the HDL level. This is sometimes called the risk Ratio. The higher the ratio, the greater the risk. The values vary for men and women.

**Prostate Specific Antigen (PSA):** Prostate Specific Antigen is specific for human prostatic tissue, normal or malignant. It has been suggested recently in the medical literature that the Prostate Specific Antigen (PSA) test, in conjunction with the Digital Rectal Exam (DRE), is a useful tool in diagnosing prostate cancer in men. The PSA test should always be done with a DRE. If the DRE is done before the PSA test, you should wait at least 48 hours after the DRE to have the PSA test done. Men without prostate cancer can have as much as 4 nanograms of PSA per milliliter of blood.

## Foods for Healthy Immune Response:

**Fermented Foods** – One of the most healthful fermented foods is kefir. Kefir is an ancient cultured, enzyme-rich food full of friendly microorganisms that balance your “inner ecosystem” and strengthen immunity. Besides kefir, other good fermented foods include natto, kimchee, miso, tempeh, sauerkraut, yogurt (watch for sugar), and olives. Friendly bacteria have a powerful, beneficial effect on your gut’s immune system, your first line of defense against pathogens, and aid in the production of antibodies.

**Organic Eggs from Free-Range Chickens** – Eggs are an inexpensive and amazing source of high-quality nutrients that many people are deficient in, especially high-quality protein and fat.

**Grass-Fed Beef or Organ Meats** – Grass-fed beef is very high in vitamins A and E, omega-3 fatty acids, beta carotene, zinc and CLA. CLA (conjugated linoleic acid, a fatty acid) is three to five times higher in grass-fed animals than grain-fed animals and is an immune system enhancer. Remember that “organic” beef may come from cows fed organic corn, which is not “grass-fed.”

## ORAC Values

ORAC stands for Oxygen Radical Absorbance Capacity, and an ORAC unit or ORAC “score” is a standardized method of measuring the antioxidant capacity of different foods and supplements. The higher the ORAC score, the more effective a food is at neutralizing free radicals. The less free radicals you have, the healthier you will be. A fresh peach has an ORAC score of 1,814. A can of peaches in heavy syrup has an ORAC score of 436, meaning that more than 75 percent of the antioxidants are lost in the canning process. The higher the score, the better. You can check the ORAC score for many different things at [www.oracvalues.com](http://www.oracvalues.com)

Blueberries and raspberries rate very high in antioxidant capacity (ORAC of 6,520), compared to other fruits and vegetables. Wild blueberries in particular are potent immune boosters. They contain powerful phytochemicals, such as anthocyanin, which is the pigment that gives blueberries their color. They are also lower in sugar than many other fruits.

