

The 8th Annual Citizens Bank Gold Club's May Dayz Health Fair & Screening event will be held on Friday, May 1st, from 7-11 a.m., at the Macon County Fairgrounds in the Sally Wells Building, once again offering the community a wide variety of health related information, prizes and refreshments at no cost to anyone who plans to attend.

Open to the public, the event includes several healthcare screenings and blood work, all performed by the healthcare professionals at Macon County General Hospital for a fraction of the usual cost.

Tests available at the event will include SMAC, TSH and PSA blood screenings, stroke, AAA (Abdomen Aorta Aneurysm) and ABI (Ankle Brachial Index) ultrasound screenings, and EKG & PFT respiratory testing.

The cost for each blood test is \$20, with respiratory tests costing \$15 each and ultrasound screenings priced at \$40 each, or \$110 for all three.

While the screenings at the event offers those attending a low cost option for their health care needs, Citizens Bank Gold Club Coordinator LaRue Polston emphasizes that the fair also presents many other benefits.

"Even if you don't plan on having any blood work or screenings done, there's still a lot to offer to the community and our surrounding areas. Everything from drug stores to home health care, area hospitals and doctors' offices will be represented at the health fair," she remarked. "We welcome everyone to take advantage of all it has to offer."

Growing in both size and popularity during the eight years since the event was first established in Macon County, Polston hopes to see this year's attendance increase even more.

"We started this event because there wasn't a health fair of this size and scope in Macon County at that time, and we saw the need and opportunity to present it to the community," she stated. "We started the fair eight years ago in the Citizens Bank Community Room, and it grew so much that we moved it to the fairgrounds. We will have around 30 booths this year with good, free health care information, great door and booth prizes and refreshments for everyone who joins us."

Other participants furnishing information and booth prizes at the fair include Air Evac Lifeteam (with helicopter on site), Alpha Medical Associates, Amedisys Home Health, Armadillo Medical Services, T.C. (Dr. Hunt), Bentley, Joseph O.D., CCS Medical, Care All Home Health, Comprehensive Rehab/Willowbrook, Cookeville Regional, Heart & Vascular Center, Cumberland River Homecare & Senior Center, UT Extension Service, Eye Surgeon Dr. Kirk Bowles, Family Care Center & Westside Family Care Center, Friendship Home Health, Hometown Respiratory Consultants, Knollwood Manor, Macon County Emergency Medical Service, Macon County General Diabetes Education Center, Macon County General Hospital Rehab, Palace Care & Rehab, Primary Health Care, Raum Family Dentistry, Renew, Rite-Aid, Stonecrest Assisted Living, Sumner Homecare & Hospice, Sumner Regional Medical Center, Suncrest Home Health, Trousdale Senior Living Center, Valley Ridge Mental Health Center, VanBlaricum, C. Sue Family Dentistry, Vista Points, Inc. Special Needs Trust and Westmoreland Care & Rehab.

Those interested in receiving blood work at the event should not eat or drink anything after midnight the night before and appointments for any of the healthcare testing offered at the health fair can be made by calling 666-2147 (ext. 345) or asking for the X-Ray Department. A scheduled appointment is not mandatory but will aid in scheduling and wait times.