



ADULT HEART HEALTH SCREENING SERVICES

Blood Pressure - Cholesterol - Glucose

**La Crosse County Public Health Nursing
Health & Human Services Building – 2nd Floor
300 4th Street North – La Crosse, WI 54601
By appointment: 608-785-9723**

What heart health screening services does the health department offer?



We can check your blood pressure and test your blood levels of cholesterol and glucose. Glucose, or blood sugar, is a screening test for diabetes.

Why should I get these screening tests done?

Screening to identify high blood pressure and abnormal cholesterol and glucose levels can find problems early and prevent or reduce the burden of heart disease and diabetes on individuals and their families.



How old should I be to get these tests, and how often should I get them?

An over-night fasting total cholesterol screening is recommended every 5 years for adults aged 20 years and older. *

Glucose/Diabetes screening is recommended every 3 years for persons aged 45 years and older, or for any overweight adult with another risk factor*

*Your doctor may recommend earlier or more frequent testing if you have certain risk factors. Check with your doctor.

How long will my appointment take? When will I get my results?

Your appointment will take about 30 minutes. A public health nurse will obtain a small sample of blood from your fingertip; results are available in about 10 minutes.

What if my levels are too high, or too low?

If the screening tests indicate any levels out of recommended range, a public health nurse will discuss ways that you can improve them. In certain cases, and with your permission, we will send a letter with you and encourage you to share your results with your doctor.

Do you offer any educational materials to help me to improve my test results and make lifestyle changes?



Public Health Nursing has lots of great brochures and booklets with information to help you improve your heart health; whether it is helping you learn how to prepare healthier meals with great recipes, how to quit smoking, or how to be more active.



What is included in the tests, and how much do they cost?

Blood Pressure, Total Cholesterol & Glucose - \$43

- Over-night fasting required
- Test includes: total cholesterol (TC), HDL, LDL, triglyceride, TC/HDL ratio, and glucose.
- If you are a known diabetic and taking medications, please check with your doctor about whether you are able to fast and/or hold your scheduled medications for this test.
- If you are between the ages of 30-74, we can calculate your risk percentage for developing coronary heart disease over the next 10 years.



Blood Pressure & Glucose/A1C - \$33

- No fasting required
- Diabetes screening to detect average glucose levels for past 3 months
- The American Diabetes Association (ADA) promotes hemoglobin A1C (A1C) as a faster, easier diagnostic test that could help reduce the number of undiagnosed patients and better identify patients with prediabetes.



When can I get my screening tests, and how do I make an appointment?

Screening clinics are scheduled by appointment on the 4th Wednesday of every month beginning at 7:40 a.m. Call Public Health Nursing to schedule your appointment: **608-785-9723**. Please arrive 10 minutes early to complete required paperwork.

What are some web-sites that I can go to for more information about blood pressure, cholesterol or diabetes?

[Mayo Clinic – High Blood Pressure: Tests and Diagnosis](#)

[Mayo Clinic - Cholesterol Levels: What numbers should you aim for?](#)

[Mayo Clinic - Understanding Diabetes Tests and Diagnosis](#)

General Information

[The National Heart, Lung & Blood Institute – National Institutes of Health](#)

[The American Heart Association](#)

[The American Diabetes Association](#)

[The National Diabetes Education Program](#)