



The Independent-Observer

• Your Community Newspaper Since 1879 •

www.laurelgrouponline.com • An edition of Trib Total Media

Vol. 128 No. 45

SCOTTDALE, WESTMORELAND COUNTY, PENNSYLVANIA • THURSDAY, MARCH 27, 2008

50 CENTS PER COPY

Life Line screening can be a life saver

The Helkowski family of Ruffs Dale highly recommends taking advantage of Life Line Screening that will be held beginning at 9 a.m. on April 3 at Everson Evangelical Church.

Sandra Helkowski said her husband, Archie, had had a heart attack in 2005, and thought if there were any additional problems they would have been found when he was in the hospital.

"I insisted he go, and thank God he did. He had a severe blockage in the right carotid artery and partial in the left," she said. "I'm sure this saved him from a stroke or worse."

Helkowski added when her brother-in-law learned of his brother's test results, he also had a Life Line Screening found out his carotid artery was even more severely blocked. She commented their conditions had no symp-

toms or warning signs.

"If it weren't for the Life Line Screening, I'm not sure either would be here today," she said.

Screenings are non-invasive and easy to obtain. They help identify potential health problems such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arteries in the legs, which is a strong predictor of heart disease. A wellness package with heart rhythm screening is \$149. All five screenings take approximately 60 to 90 minutes to complete.

A bone density screening is also offered and is appropriate for both men and women.

For additional information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit the website at www.lifelinescreening.com. Pre-registration is required.