

# A simple screening goes a long way

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## Knowing your risk factors can help prevent serious medical problems

HOUGHTON -- Strokes and bone fractures are two of the more serious health concerns people face as they get older. And often they occur without warning.

With that in mind, nearly 100 people signed up for Monday's [Life Line Screening](#) event in Houghton, which offered five different tests for only \$149. About 10 minutes on the table was all it took to check for signs of hardening arteries and an irregular heart beat. If present, either condition could lead to more serious medical problems like a heart attack or stroke.



"I have a history of heart disease in the family and diabetes and all that," said Tom Mili of Baraga. "I just recently had my cholesterol checked at a hospital not far from here, and the cost of that was over two times all of the tests I had here today."

"We decided to come because it's kind of like a double-check to make sure the health care we've been having is okay," said Bill White of Obenhoff.

The check-up included a quick ultrasound of the heel to diagnose any loss of bone mass. Osteoporosis-related fractures are easily preventable, but they still affect approximately half of all women and a quarter of all men over 50.

Aspirus Keweenaw sponsored the community screening.

"Aspirus Keweenaw is here because the idea of doing a preventative screening along with regular visits to the doctor and follow-up visits give you the best course of action to stay in front of health issues and lead a long and healthy life."

If you'd like to attend a future Life Line Screening, you can check their website to see when they'll be in your area. All of the tests are also available through your local physician.

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