

Women's Health Screening Package

Provided by AREUFIT Health Services, Inc



STROKE ASSESSMENT

Stroke Assessment

Stroke is our nation's No. 3 killer and a leading cause of severe, long-term disability. This risk assessment consists of gathering risk factor information through medical history, pulse, blood pressure, and carotid artery checks.

ANEMIA SCREENING

Anemia Screening

Oxygen gets transported throughout the body by red blood cells. The lack of oxygen to your body is what causes the fatigue associated with anemia. Many people are not even aware that they suffer from anemia. Women and those with chronic diseases are at the greatest risk for developing anemia.

BODY COMPOSITION

Body Composition

Body composition reflects the results of both physical activity and nutritional practices. Over time, people tend to gain fat and lose muscle without an obvious change in their weight. Even though we need a certain amount of fat in our bodies to insure good health, excess body fat has been found to increase the risk of many diseases.

SEATED CHAIR MASSAGE

Seated Chair Massage

Massage is a very effective way to reduce stress, alleviate muscle fatigue, and increase circulation. Seated chair mini-massage can be done at the workplace leaving employees feeling refreshed and invigorated.

BONE DENSITY

Bone Density

Although Osteoporosis can affect anyone, 80% diagnosed are women. This screening is an effective way to estimate Bone Mineral Density (BMD) by measuring the heel of the foot. Your BMD is used to assess Osteoporotic status.

THYROID STIMULATING HORMONE

Thyroid Stimulating Hormone (TSH)

The TSH measurement reflects the sufficiency of the brains supply of thyroid hormone. An elevated TSH level signals the central nervous systems insufficient supply of thyroid hormone which may indicate hypothyroidism. A reduced TSH level may indicate that the central nervous system senses increased amounts of thyroid hormone which may indicate hyperthyroidism.