



# HEART HEALTH & STROKE SCREENINGS

## 2023 DATES

**Thursday, February 16, 2023**  
8:00 a.m. – 11:00 a.m.

**Wednesday, May 17, 2023**  
8:00 a.m. – 11:00 a.m.

**Tuesday, August 15, 2023**  
8:00 a.m. – 11:00 a.m.

**Thursday, October 26, 2023**  
8:00 a.m. – 11:00 a.m.

McLaren Bay Region  
East Medical Mall  
1454 W. Center Rd.  
Essexville, 48732

\$10—Payable at the screening  
(cash/check payment only)

**Preregistration required.**  
**Call toll free 1-877-411-2762.**

Strokes and heart attacks don't discriminate; they affect people of all ages, ethnicities and backgrounds. Fortunately, many strokes and heart attacks are preventable, and you can take steps now to reduce your risk. Begin by understanding the risk factors and find out how you stack up. Make your appointment today... it could save your life!

### Screening includes:

- Diabetes screening
- Blood pressure and pulse
- Risk-reduction plan
- Results counseling
- Full lipid profile, including total cholesterol, HDL, LDL and triglycerides

You will leave the screening with your results and a plan of action! **A 12-hour fast is required for accurate results.** Even though this is a fasting blood test, please take any morning medication as usual with a sip of water.



The Joint Commission



American Heart Association  
American Stroke Association



CERTIFICATION  
Meets standards for  
Primary Stroke Center

## SURVIVE. DON'T DRIVE!

**Heart Attacks and Strokes Are Medical Emergencies - Dial 9-1-1**

If you or a loved one experiences any of the following signs of stroke or heart attack, immediately dial 9-1-1. Do not attempt to drive to the hospital. This increases the risk of delays in early diagnosis and life-saving treatments. Treatment begins as soon as paramedics arrive, saving critical time.

### Heart Attack Symptoms

- Chest pain or discomfort
- Discomfort or pain in other areas, such as one or both arms, shoulders, neck, jaw, back or stomach
- Abdominal discomfort that may feel like heartburn
- Shortness of breath, with or without chest discomfort
- Other signs may include sweating, nausea, lightheadedness or fatigue

### Stroke Symptoms

- Sudden numbness or weakness of the face, arm or leg, especially on one side of body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



DOING WHAT'S BEST.®

McLaren Bay Region is a Joint Commission Primary Stroke Center and a Neuroscience Center of Excellence  
[mclaren.org/BAYREGION](http://mclaren.org/BAYREGION)