



**FOR IMMEDIATE RELEASE 04/03/09**

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### **COME PREPARED TO THE 9 HEALTH FAIR**

**Broomfield, CO**—The 9 Health Fair is fast approaching, but North Metro Fire Rescue Site Coordinator Jeff Dorrell warns, “People need to take some simple steps to get the most out of their visit.” Individuals planning to take part in the blood chemistry analysis should fast for 12 hours prior to the test—this means no food. However, drinking plenty of water is recommended.

Diabetics planning to take the blood chemistry analysis should **not** fast. And, all individuals should continue taking prescribed medications as directed. The prices for the blood chemistry analysis will remain at \$30.00 and the prostate specific antigen for men will be \$25.00.

The event will be held on April 18 from 7:00 a.m. until noon and be located at the United Methodist Church, 545 W. 10<sup>th</sup> Avenue, Broomfield. The 2009 Broomfield 9 Health Fair will only be held one day—so don’t miss it!

Although stations are still being added to the Fair, some screenings that have already been confirmed for the 2009 event include:

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- Podiatry Screening
- Skin Screening (dermatologist)
- Oral Screening
- Hearing Screening
- Body and Balance Assessments
- Breast Exams
- Rheumatoid Arthritis
- Blood Chemistry Analysis

North Metro is particularly excited to provide the Rheumatoid Arthritis screening for the second year in a row. Rheumatoid arthritis (RA) is a form of arthritis that occurs when the body's immune system attacks the joints. This screening project will test the blood of healthy people participating in 9 Health Fair for the presence of RA-related auto-antibodies.

As the United Methodist Church sponsor for the Broomfield 9 Health Fair for the last decade, North Metro Fire Rescue would like to thank all of the volunteers that have come forward to assist with the 2009 event. Additional medical and non-medical volunteers are still needed. If you are interested, please call (303) 452-9910.

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**About North Metro Fire Rescue District**

North Metro Fire Rescue is dedicated to your quality care. North Metro Fire Rescue provides fire protection, emergency medical services, hazardous materials response and rescue services to our community. Formed in 1946, the district now covers 63 square miles with a population of approximately 103,000 people including the City and County of Broomfield, the City of Northglenn and unincorporated areas of Boulder, Adams and Jefferson Counties.