

When money is tight, healthcare can become an afterthought, especially when people feel well. Yet part of maintaining good health is preventing chronic conditions such as high cholesterol and diabetes, as well as other health issues, before they take a toll.

Pinckneyville Community Hospital makes it easy and affordable for individuals to monitor their overall health through bloodwork. Four times a year, the hospital offers discounted lab screenings as part of its ongoing commitment to preventive health and wellness.

The screenings—held at the hospital in February, May, August and November—are for critical insights into liver and kidney function, cholesterol levels, average blood sugar, and more. The comprehensive health panel offered includes:

- Complete blood count that evaluates overall health and detects a variety of disorders, including anemia and infection;
- Comprehensive metabolic panel that measures glucose levels, liver and kidney function, and electrolyte and fluid balance;
- Lipid profile that assesses cholesterol levels to help determine heart disease risk;
- Thyroid-stimulating hormone that screens for thyroid disorders, which can affect energy levels, weight and mood;
- HgbA1C that provides an average blood sugar level over the past 2-3 months, aiding in diabetes detection and management;
- Vitamin D level that helps identify deficiencies that can impact bone health, immune function and mood; and
- Prostate test that monitors potential signs of prostate issues in men.

“These low-cost labs are an excellent opportunity for individuals to take charge of their health, detect potential issues early and make informed decisions with their healthcare providers,” said hospitals leaders, adding that the screenings “are a great resource for those who may not have regular access to healthcare or simply want to keep a closer eye on their wellness.”

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