



University Hospitals

1-866-UH4-CARE (1-866-844-2273)

UHhospitals.org

AGE WELL. BE WELL. EVENTS SEPTEMBER, 2021

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please call **1-844-312-5433** or visit the website www.uhhospitals.org/agewell to register.

UH Locations

UH AHUJA MEDICAL CENTER

3999 Richmond Road
Beachwood, OH 44122
216-593-5500

UH GEAUGA MEDICAL CENTER

13207 Ravenna Road
Chardon, OH 44024
440-285-6000

UH RICHMOND MEDICAL CENTER

27100 Chardon Road
Cleveland, OH 44143
440-585-6500

UH BEDFORD MEDICAL CENTER

44 Blaine Avenue
Bedford, OH 44146
440-735-3900

UH GENEVA MEDICAL CENTER

870 West Main Street
Geneva, OH 44041
440-466-1141

UH ST. JOHN MEDICAL CENTER, A CATHOLIC HOSPITAL

29000 Center Ridge Road
Westlake, OH 44145
440-835-8000

UH CONNEAUT MEDICAL CENTER

158 West Main Road
Conneaut, OH 44030
440-593-1131

UH PARMA MEDICAL CENTER

7007 Powers Boulevard
Parma, OH 44129
440-743-3000

UH SAMARITAN MEDICAL CENTER

1025 Center Street
Ashland, OH 44805
419-289-0491

UH ELYRIA MEDICAL CENTER

630 East River Street
Elyria, OH 44035
440-329-7500

UH PORTAGE MEDICAL CENTER

6847 North Chestnut Street
Ravenna, OH 44266
330-297-0811

If you no longer wish to receive this Calendar of Events from the Age Well. Be Well. Club, please call **1-844-312-5433**

HEALTH EDUCATION

DIABETES SELF-MANAGEMENT CLASSES

Participants attend one Nutrition for Diabetes Class and one Diabetes Self-Management Class in any order then follow up with a diabetes educator.

NUTRITION FOR DIABETES

Tuesday, September 7
5 – 7 p.m.

DIABETES SELF-MANAGEMENT

Tuesday, September 21
5 – 7 p.m.

Bedford Medical Center

Medical Office Building
88 Center Road
Conference Room-Lower Level
Bedford, OH 44146
Doctor referral is required - check with your insurance for coverage. Call 440-735-4700 to register

BLOOD DRIVE

Health education information available

Wednesday, September 15

1 – 7 p.m.
Walton Hills Village Hall
7595 Walton Road
Walton Hills, OH 44067

Tuesday, September 21

1 – 7 p.m.
VFW Post 6768
8584 Olde 8 Road
Northfield, OH 44067

HEALTH SCREENINGS

SENIOR WELLNESS EXPO

Health screenings, information booths and fun giveaways. Flu shots available (covered by most insurance, otherwise there will be a fee). Door prizes.

Wednesday, September 22
9 - 11:30 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44139
Registration not required

FREE VASCULAR SCREENING

More than 50 percent of those with peripheral artery disease (PAD) have no symptoms.

PAD is a serious condition that occurs when blood flow through the legs and feet is restricted by the build-up of fatty deposits in the blood vessels of the legs. It can cause pain and cramping that can make walking – and life – miserable. In extreme cases, PAD can result in the loss of a leg or foot to amputation.

If you answer yes to any of these questions, find out your risk at our free screening event:

Are you 50 years or older?
Do you have diabetes?
Have you ever smoked?
Do you have high blood pressure and/or high cholesterol?

Saturday, September 25

8:30 a.m. – 12:30 p.m.

Bedford Medical Office Building Multi-Specialty Clinic

88 Center Road, Suite 210
Bedford, OH 44146
Call 216-767-8435 to schedule
Reservations are limited and advanced registration is required

SATURDAY IN THE PARK

Jennifer Lattur, Clinical Dietitian at Bedford Medical Center will be onsite educating on healthy eating at this free event sponsored by Light of Hearts Villa and alumni of former Chanel and Lumen Cordium High Schools. Live music, line dancing, vendors, classic car show case and more. Bring your own lawn chairs. No alcoholic beverages allowed. Free admission

Saturday, September 11
2:00 - 6:00 p.m.

Former St. Peter Chanel High School Grounds

480 Northfield Road
Bedford, OH 44146

BLOOD PRESSURE SCREENINGS

Tuesday, September 28

12:30 - 2:30 p.m.

Warrensville Heights Civic and Senior Center

4567 Green Road
Warrensville Heights, OH 44128

HEALTH RISK ASSESSMENTS

Our team of health care providers ask a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing.

To schedule a risk assessment with an RN Patient Navigator call 440-735-2559.

UH Conneaut Medical Center and UH Geneva Medical Center

COMMUNITY EVENT

WALK FOR THE CURE

Sunday, September 19

11 a.m. – 3 p.m.

Geneva High School

1301 South Ridge Road, East

Geneva, OH 44041

Call **440-593-0374**

EXERCISE & FITNESS

WALKING PROGRAM

Tuesday, September 7, 14, 21 28

7:30 – 8:30 a.m.

Red Brook Metro Park

(Saybrook Township)

4388 Lake Road

Ashtabula, OH 44004

Call **440-593-0373**

HEALTH SCREENINGS

BLOOD PRESSURE / GLUCOSE / TOTAL CHOLESTEROL

Monday, September 13

9 - 11 a.m.

Orwell Country Neighbor

39 South Main Street

Orwell, OH 44076

Call **440-593-0364**

MAMMOGRAM PROGRAM

(Un-insured and Under-insured)

Call **440-593-0374**

SUPPORT GROUPS

CANCER SUPPORT GROUP

Wednesday, September 15

5 – 6 p.m.

UH Geneva Medical Center

Training Center

830 West Main Street

Geneva, OH 44041

Call **440-593-0364**

UH Elyria Medical Center

DIABETES AND NUTRITION

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions.

Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage.

For more information and to register, call Kim Horvath, MEd, RDN, LD, CDCES at 440-284-5709

Monday - Thursday

(Late afternoon and evening hours available on Tuesdays and Wednesdays)

Individual Sessions only

UH Avon Health Center

1997 Healthway Drive

Avon, OH 44011

Individual and Group Sessions:

UH Elyria Medical Center

630 East River Street

Elyria, OH 44035

DIABETES EDUCATION GROUP CLASSES

You must attend an individual session before attending group classes. Call **440-284-5709** for more information

HEALTH SCREENINGS

For more information about any of our programs, contact the UH

Elyria Medical Center Outreach

Department at **440-284-5709**.

Closed on all holidays or in

inclement weather.

BLOOD PRESSURE SCREENINGS

Monday, September 13

10 – 11:30 a.m.

Avon Senior Center

Community Meeting Room

36786 Detroit Road

Avon, OH 44011

Tuesday, September 21

12:30 – 2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012

COMMUNITY EVENTS

GARDENING FOR LIFELONG HEALTH

Topic: Coordinating Shrubs and Flowers

Wednesday, September 22

3 - 4 p.m.

UH Geauga Medical Center

13207 Ravenna Road

Chardon, OH 44024

Call **440-214-3180** to register

ELDERBERRIES: SENIOR DAYS IN THE PARK

(In collaboration with Geauga Dept. on Aging and Geauga Park District)

Topic: Astronomy Night &

Planetarium Show

UH Safety Wheel & Blood Pressure Screenings

Thursday, September 16

7 - 9 p.m.

Refreshments served at 6 p.m.

Observatory Park

10610 Clay Street

Montville, Ohio 44064

Call **440-214-3180** to register

FALL PREVENTION AWARENESS

(In collaboration with Geauga Dept. on Aging)

Balance Screenings will be provided

Friday, September 17

10 - 12 p.m.

Chardon Senior Center

12555 Ravenwood Drive

Chardon, Ohio 44024

Call **440-279-2176** to register.

Breakfast box provided

FALL PREVENTION AWARENESS

Health & Balance Screenings provided

Wednesday, September 22

10 a.m. - 1 p.m.

Eastlake Senior Center

1580 East 322 Street

Eastlake, OH 44095

Call **440-214-3180** to register

Refreshments provided

DINNER AND A MOVIE

Thursday, September 30

3 - 5 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

Call **440-214-3180** to register

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, September 13

8:30 -10 a.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

BLOOD PRESSURE SCREENING

Tuesday, September 28

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

HEALTH EDUCATION

HEALTH & WELLNESS SERIES FALL PREVENTION & BALANCE SCREENINGS

Thursday, September 9

2 - 3 p.m.

Bainbridge Library

17222 Snyder Road

Chagrin Falls, OH 44023

Call **440-214-3180** to register

WONDER FOODS OF WELLNESS

(Virtual Program)

Friday, September 17

2 - 3 p.m.

Gauga West Library

Call **440-729-4250 ext. 2574** to

register

EAT GOOD TO FEEL GOOD

Wednesday, September 29

2 - 3 p.m.

Chardon Senior Center

12555 Ravenwood Drive

Chardon, OH 44024

Call **440-214-3180** to register

EXERCISE & FITNESS

GAUGA CYCLISTS

(In collaboration with Geauga Dept. on Aging and Geauga Park District)

Wednesdays,

September 1, 8, 15, 22, 29

3 - 4:00 p.m.

Maple Highland Trail

East of Chardon Marc's plaza

Park and meet at Chardon's Park

Avenue Parking Lot. Must have

your own bike and transportation to park. Helmets are required.

Call **440-279-2137** for information

FIGHTING AGAINST PARKINSON'S

(In collaboration with Geauga Dept. on Aging)

Non-contact boxing and fitness class for seniors diagnosed with Parkinson's disease.

Mondays, September 13, 20, 27

Wednesdays, September 1, 8, 15, 22, 29

Fridays, September 3, 10, 17, 24

Everybody's Gym

357 Washington Street

Chardon, OH 44024

Call **440-279-2137** for information

Cost \$45

UH Geauga Medical Center *cont.*

SUPPORT GROUPS

LIVING WITH LYMPHEDEMA

Wednesday, September 15

6 --8 p.m.

12:30—1:30 p.m.

Concord Health Center

Community Room
7500 Auburn Road
Concord, OH 44077

PARKINSON'S DISEASE

Tuesday, September 21

Chardon Senior Center Pavilion

12555 Ravenwood Drive
Chardon, OH 44024

PREVENTATIVE HEALTH

DIABETES SELF-MANAGEMENT EDUCATION

For newly diagnosed or for anyone

just looking for additional information on how to live well with diabetes
Call Diabetes Educator at **440-214-8233**.

MEDICATION MANAGEMENT CLINIC

This clinic is staffed by pharmacists who are highly trained experts in the following areas:
Diabetes, high blood pressure, high cholesterol, heart failure and smoking cessation. Pharmacists will help you organize your medications, answer questions about your health condition or medications.
Call **440-285-3037** for information

PREVENTATIVE HEALTH SCREENINGS – WHAT YOU NEED TO KNOW

Contact Valerie Reed /Wellness Coordinator 440-904-0064

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

UH Geauga Medical Center
Norma N. Chapman
Senior Assessment Program
Call to schedule an assessment
440-285-3035

SAVE THE DATE Mobile Health Screenings Program

Wednesday, October 13

9 a.m. – 3 p.m.

Screenings available:
Mammograms - Blood Pressure
Blood Glucose - Body Mass Index
Bone density - Total Cholesterol

Middlefield Village Hall

14860 North State Avenue
Middlefield, OH 44062
Call **440-629-4207** for information or to schedule your 3-D mammogram.

UH Parma Medical Center

HEALTH EDUCATION

CARBS: TO EAT OR NOT TO EAT

Tuesday, September 28

4:30 – 5:30 p.m.

Zoom presentation with Melanie Hocker, MS, RD, LD, Clinical Dietitian talking about the truth about carbohydrates. You will learn whether or not you should eat carbs, the right amount to eat, and which ones are best to eat. You will also learn how to manage and prevent diabetes through diet. A diabetic eating style is one of the healthiest ways to eat; so even if you're not concerned about diabetes at this time, this is still a great way to make sure you are making healthy choices with your diet.

Registration is required for this Zoom Presentation. Click [HERE](#).

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. Call Melanie Hocker, MS, RD, LD, our dietitian 440-743-2155 for more information.

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Walk-in

Call **440-743-4932** with questions

Wednesday, September 1

11:30 a.m. - 12:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

Thursday, September 2

10 - 11:30 a.m.

Brooklyn Senior Center

7727 Memphis Ave.
Brooklyn, OH 44144

Tuesday, September 7

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road
North Royalton, OH 44133

UH Parma Medical Center *cont.*

BLOOD PRESSURE SCREENINGS

at these locations: (walk-in)
Call **440-743-4932** with questions

WEDNESDAY, SEPTEMBER 8

8 - 9:30 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Friday, September 10

9:30 – 11 a.m.

Independence Senior Center

6363 Selig Drive
Independence., OH 44131

Tuesday, September 14

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Heights., OH 44147

Thursday, September 16

9:30 - 11 a.m.

Parma Heights Senior Center

9275 North Church Drive
Parma Heights, OH 44130

CHOLESTEROL SCREENING \$30

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. A 12-hour fast is recommended for best results.

THURSDAY, SEPTEMBER 9

8:30 - 11 a.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

Call **440-743-4932**

Appointment required

SUPPORT GROUPS

FOOD ADDICTS ANONYMOUS

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time? This group can help.

Every Friday beginning
September 3
10 – 11 a.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134
Call **440-237-3967**

STROKE & ARTHRITIS

Monday, September 20

1- 2:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134
Call **440-743-4041**

PARKINSON'S

Tuesday, September 28

1 – 2:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134
Call **440-743-4932**

UH Portage Medical Center

DIABETES

SELF-MANAGEMENT EDUCATION CLASSES

Free diabetes education for anyone newly diagnosed or who may need help.

Call **330-297-2575** for information

HEALTH EDUCATION

VIRTUAL SMOKING CESSATION CLASSES

Call **330-297-2576** for information

HEALTH SCREENINGS

RUNNING & THROWING SCREENING

Saturday, September 25

9 a.m. – 1 p.m.

Portage Medical Center

Medical Arts Building, Room 150
6847 North Chestnut Street
Ravenna, OH 44266

Registration is required

Call **330-297-2576**

WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women.

Portage Medical Center

6847 North Chestnut Street
Ravenna, OH 44266

Call **330-297-2338** to find out if you qualify for this screening.

SUPPORT GROUPS

- Alzheimer's Association Caregiver Support
- Beyond Stroke Support Group
- Breast Cancer Support Group
- Diabetes Support Group
- Ostomy Support Group
- Parkinson's Support Group
Call **330-297-2576**
- Hope and Healing Support Group for Grieving Adults
Call **330-241-6282**

COMMUNITY EVENTS

HIKE WITH A COP

Wednesday, September 8

6:00

Grab your hiking boots and gather the entire family for this free event. Enjoy a hike with spectacular scenery followed by s'mores. Sponsored by Richmond Medical Center along with Richmond Heights, South Euclid and Cleveland Metroparks Police Departments.

Euclid Creek Reservation

Cleveland Metroparks

The Highland Shelter

Registration not required.

HEALTH EDUCATION

BLOOD DRIVES

Richmond Medical Center will provide health education information

Thursday, September 30

10 a.m. – 3 p.m.

Lyndhurst Community Center

1341 Parkview Drive

Lyndhurst, OH 44143

HEALTH SCREENINGS

BLOOD PRESSURE RISK ASSESSMENTS

RICHMOND HEIGHTS FALL FUN FEST

Join the city of Richmond Heights for this annual family friendly event at Greenwood Farm. Live Music, children's games and entertainment, hayrides, car show, and much more! UH Richmond Medical Center will provide free blood pressure checks and recommendations for preventive health services.

Saturday, September 18

12 - 5 p.m.

Greenwood Farm

264 Richmond Road

Richmond Heights, OH 44143

SAVE THE DATE

FREE VASCULAR SCREENING

Saturday, October 9

8:30 – 12:30 p.m.

PREVENTIVE HEALTH

HEALTH RISK ASSESSMENTS

Our team of health care providers ask a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing. To schedule a free risk assessment call **440-735-2559**.



For the most up to date information and activities, check us out on [facebook](#)

[Age Well. Be Well](#)

[UH Elyria Medical Center](#)

[UH Parma Medical Center](#)

[UH Avon Health Center](#)

[UH Geauga Medical Center](#)

[UH Richmond Medical Center](#)

[UH Bedford Medical Center](#)

[UH Geneva Medical Center](#)

[UH St. John Medical Center](#)

[UH Conneaut Medical Center](#)

[UH Portage Medical Center](#)

[UH Samaritan Medical Center](#)

HEALTH EDUCATION

ROUNDTABLE HEALTH TALK

Coronavirus Variants and Mutations-Sound Scary? How is the vaccine protecting us?

Speakers from St. John Medical Center will be:

- Gilbert Padula MD
Chief Medical Officer
- Rachana Patel, PharmD,
BCPS, Pharmacy Clinical
Coordinator
- Lammi Astrat, PharmD
PGY1 Pharmacy Resident

Thursday, September 30

5 -6 p.m. - Blood Pressure

Screenings

6 -7 p.m. - Talk

Westlake Center for Community Services

28975 Hilliard Boulevard

Westlake, OH 44145

Call **440-827-5440** for reservations

DIABETES EDUCATION CLASSES

This four-week series offers comprehensive diabetes self-management education provided by the diabetes team, including a diabetes nurse and registered dietician. Services are billable to your insurance provider. A physician referral is required to participate. (We can assist with this.)

Class topics include: Basic and advanced information about diabetes management, making healthy food choices and meal planning, incorporating physical activity into lifestyle, safe and appropriate use of medications, blood sugar monitoring and management of high or low readings and how to prevent long term complications.

Tuesday, September 7, 14, 21, 28

6 – 7:30 p.m.

UH St John Health Center

3rd Floor

26908 Detroit Road

Westlake, OH 44145

For scheduling or questions regarding these classes, call **440-827-5341**.

DIABETES EDUCATION

Individualized education on blood glucose monitoring, medication management and preventing complications. A physician referral is required.

UH St John Health Center

26908 Detroit Road, Suite 100

Westlake, OH 44145

Call **216-844-1499** to schedule

AMERICAN HEART ASSOCIATION - HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided.

This is a free class, but you must register at www.uhems.org.

Call **216-849-5013**

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Marge Robison, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician's referral prior to their visit.

UH St John Health Center

26908 Detroit Road

Westlake, OH 44145

Call **440-835-4426**

HEALTH SCREENINGS

For more information about our programs, contact the Outreach Department at UH St. John Medical Center at 440-827-5440. No screenings offered on holidays. Screenings may be canceled on days with inclement weather.

BLOOD PRESSURE SCREENINGS

Monday, September 13

11 a.m. – 12 p.m.

North Olmsted Senior Center

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070

Wednesday, September 8

9:30 – 11 a.m.

Lakewood Senior Center

16024 Madison Avenue

Lakewood, OH 44107

Thursday, September 23

11:30 a.m. – 1 p.m.

Westlake Center for Community Services

Community Meeting Room

28975 Hilliard Boulevard

Westlake OH 44145

BALANCE SCREENINGS

Call **440-414-6050** for an appointment. Space is limited.

AUDIOLOGY

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department.

Call **440-835-6160**.

SENIOR SUPPER CLUB

Seniors-60 years of age and older may apply for a Supper Club card from:

•**Westlake** Center for Community Services (440-899-3544); or

•**North Olmsted** Senior Center (440-777-8100).

Present your card at **St. John**

Medical Center Cafeteria to

receive a 40 percent discount on all food except bottled beverages, specialty snacks and "Simply to Go" items. There is a \$10 limit per customer for the discount; after that, the items are full price. You must present your card to receive the discount.

Daily | 4 – 5:30 p.m.

EXERCISE & FITNESS

S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)

Walking support group for COPD patients

Tuesdays and Thursdays
10 a.m.

The Keith Field House

Ashland High School
Ashland, OH 44805

HEALTH EDUCATION

SMOKING CESSATION

One on one consultations available
Call Amanda at 419-207-2306 for information

HERNIA: RECOGNITION, TREATMENT AND PREVENTION

Virtual presentation by Megan Sippey, MD

Thursday, September 23

12 - 1 p.m.

[Register here](#)

HEARTSAVER AND BLS SKILLS CHECK OFF ONLY FOR THE COMMUNITY

Friday, September 3

10 a.m. – 12 p.m.

Samaritan on East Main

663 East Main Street
Ashland, OH 44805

Call **419-207-7856** to register

Class limited to 10

BLS FOR THE COMMUNITY

Wednesday, September 15

3 – 6 p.m.

Samaritan on East Main

663 East Main Street
Ashland, OH 44805

Call **419-207-7856** to register

Class limited to 10

ACLS SKILLS CHECK OFF ONLY FOR THE COMMUNITY

Friday, September 17

10 a.m. – 12 p.m.

Samaritan on East Main

663 East Main Street
Ashland, OH 44805

Call **419-207-7856** to register

Class limited to 10

HEARTSAVER FOR THE COMMUNITY

Thursday, September 30

4 – 6 p.m.

Samaritan on East Main

663 East Main Street
Ashland, OH

Call **419-207-7856** to register

Class limited to 10

HEALTH SCREENINGS

BIOMETRIC, BLOOD PRESSURE, BONE DENSITY AND STROKE SCREENINGS

Call **419-207-7856** for appointment

ASHLAND COUNTY FAIR

Sunday, September 19 through Saturday, September 25

Hands-only CPR, stroke and heart assessments and education, nursing recruitment information, BP screening, and more!

VIRTUAL TALKS

Virtual / Online events are

Available on our website

UHhospitals.org/AgeWell

Under the Virtual Events tab



NO COST CORONARY ARTERY CALCIUM SCORE TEST

University Hospitals Harrington Heart & Vascular Institute offers a test called cardiac CT imaging for coronary artery calcium scoring. It is generally not covered by insurance and can be quite costly. However, UH Harrington Heart & Vascular Institute is the only program offering this test to you at no cost. For additional information please visit our site. [No-Cost Coronary Artery Calcium Score Test](#)

Contact your primary care provider to discuss if this test is right for you, and request an order. Once you have an order for a calcium test, you or your doctor can call 833-693-0435 to schedule an appointment with radiology. Once the test is complete, results will be sent to your referring provider to read, provide your test results and discuss next steps.

WHAT IS CORONARY ARTERY CALCIUM SCORING?

- This test is used to determine your future risk of heart attack.
- A calcium score test is a noninvasive, low dose CT scan, performed without an intravenous line or any contrast material.
- The appointment takes approximately 20 to 30 minutes, with the actual CT scan about 10 to 15 minutes of that time.
- Coronary calcium scoring involves a small portion of radiation, similar to or lower than that used in other screenings.
- The test measures the amount of calcium that has accumulated in the walls of the coronary arteries and provides what is termed a “coronary artery calcium score” to help interpret your risk level.

Who Should Get a Calcium Score Test?

Men and women age 45 or older, with no history of coronary artery disease, and with one or more risk factors for heart disease, including:

- [High blood cholesterol](#)
- Low HDL cholesterol (“good cholesterol”)
- [High blood pressure](#)
- Cigarette smoking
- [Type 2 diabetes](#)
- Family history of heart disease at age 55 or younger in men and 65 or younger in women
- Chronic inflammatory condition (e.g., inflammatory bowel disease, lupus, rheumatoid arthritis, ankylosing spondylitis, psoriasis, HIV/AIDS)
- Female conditions such as preeclampsia or early menopause (younger than 40)
- Chronic kidney disease

Testing at a younger age may be indicated in certain situations. Please consult your physician for further recommendations.

What Do My Test Results Mean?

A score of zero means that no calcium is seen. That finding is associated with a very low risk (less than 1 percent) of a heart attack over the next 10 years. As the amount of calcium detected increases, the risk of heart attack also increases.

When a calcium score is 1-99 or 100-399, this means that some hardening of the arteries is present, and will indicate how intensively prevention strategies should be used to control your modifiable heart disease risk factors.

When a calcium score is found to be 400 or greater, this is a warning that extensive hardening of the arteries is present and aggressive prevention strategies should be used.

Depending on your results, consider scheduling an appointment with one of our cardiovascular specialists for related medical needs or treatment.