

Screening Descriptions

Blood Pressure Measurement

This test measures the force of blood as it moves through the blood vessels. A systolic reading (amount of force on the arterial walls when the heart is pumping) and a diastolic reading (amount of force on the arterial walls when the heart is at rest between beats) are given. A Health Educator will be present for an interpretation of the results.

Total Cholesterol Measurement

This non-fasting finger stick test will produce total cholesterol results in three minutes. This test provides vital information regarding the risk of cardiovascular disease. A Health Educator will be present for an interpretation of the results.

Diabetes Screening

This non-fasting finger stick measures the amount of sugar in the blood. Results are displayed on the analyzer in 20 seconds. Interpretation of results are contingent on when the client last consumed food. A Health Educator will be present for an explanation of results.

Body Composition Analysis

This test measures body fat that is expressed as a percentage of total weight. For an accurate reading, the machine must have direct skin contact with the feet. Through bioelectrical impedance, the machine uses a resistance measurement to calculate the body fat percentage. A Health Educator will be present for an explanation of results

Lifestyle Assessment

This written assessment will identify major cardiovascular risk factors and will provide information on modifiable risk factors. A Health Educator will be present to discuss the results.

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