



PRESS RELEASE

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FREE LEG SCREENINGS, LOW-COST MOBILE LAB SCREENINGS OFFERED FOR VALLEY RESIDENTS DURING NATIONAL HEART MONTH

*Valley Baptist Mobile Unit to be in Harlingen, Brownsville,
San Benito, Weslaco, La Feria, Port Isabel in February*

HARLINGEN / BROWNSVILLE— When was the last time you had your cholesterol checked, or had an assessment for your chances of developing diabetes? A mobile health unit from Valley Baptist Health System makes it more convenient for Valley residents to receive free and low-cost screenings that can help save their life and improve their health.

The 42-foot, bus-size mobile health unit is making important health screenings more accessible and promoting cardiac fitness and health at stores, businesses, churches, RV parks and other locations across the Valley.

For example, free peripheral (legs) arterial disease screenings (ankle brachial index) will be held on the following days during National Heart Month in February:

- **BROWNSVILLE** - Wednesday, Feb. 1, from 8 a.m. to 12 noon at K-Mart (2440 Pablo Kisel Blvd.)
- **WESLACO** - Monday, Feb. 13, from 8 a.m. to 12 noon at Wal-Mart (1310 N. Texas Blvd.)

- **HARLINGEN** - Monday, Feb. 27 from 8 a.m. to 12 noon at Wal-Mart (1801 W. Lincoln Drive at Expressway 77/83)

In addition, Valley Baptist will offer low-cost Mobile Lab Screenings, which include blood work and bone density screenings only, on the following dates:

- **HARLINGEN** - Monday, Feb. 6 from 8 a.m. to 12 noon at Wal-Mart (1801 W. Lincoln Drive at Expressway 77/83)
- **LA FERIA** - Thursday, Feb. 9 from 8 a.m. to 12 noon at Auto Zone, 504 N. Main
- **BROWNSVILLE** - Tuesday, Feb. 14, from 8 a.m. to 12 noon at K-Mart (2440 Pablo Kisel Blvd.)
- **SAN BENITO** - Wednesday, Feb. 15 from 8 a.m. to 12 noon at Wal-Mart (1126 W. Business 77)
- **PORT ISABEL** - Friday, Feb. 17 from 8 a.m. to 12 noon at Wal-Mart (1401 W. Highway 100)
- **WESLACO** - Wednesday, Feb. 22, from 8 a.m. to 12 noon at Wal-Mart (1310 N. Texas Blvd.)

New, reduced prices for mobile lab tests include the following:

LIPID PROFILE \$10 (8-hour fasting requested)
 HEPATIC FUNCTION PANEL \$10
 HEMOGLOBIN A1C \$15
 IRON PANEL \$10
 FERRITIN \$10
 COMPLETE HEALTH PROFILE (lipid, CBC, CMP) \$35
 CBC with Differential \$15
 PSA \$15
 PT/INR \$15
 DIABETES PROFILE \$30
 ARTHRITIC PROFILE \$20
 FSH \$10
 TSH \$15
 BASIC METABOLIC PANEL \$10
 COMPLETE METABOLIC PANEL \$15
 LH \$10
 CRP \$16

To schedule an appointment for the mobile health clinic, or for a complete schedule of other dates and locations, please call toll-free 1-888-902-5433. For additional information on award-winning heart and vascular services at Valley Baptist Medical Center, visit www.ValleyBaptist.net.

About Valley Baptist Health System

Valley Baptist Health System is an 866-bed faith-based regional health system located in the Rio Grande Valley of Texas. It is focused on improving the lives of the people it serves by providing high quality health care and medical education throughout South Texas, guided by the healing and teaching ministry of Jesus Christ.

Valley Baptist extends many of its services beyond its facilities and into local communities, offering free screenings for the community, support groups and numerous educational opportunities. For more information, visit www.ValleyBaptist.net (and www.FaceBook.com/ValleyBaptistMedicalCenter).