



**For Immediate Release:** January 15, 2008

**Contact:** Gary Sky (303) 846-6245

## **Tri-County Health Department Offers FREE Cancer and Heart Disease Screenings for Uninsured Men and Women**

Tri-County Health Department's new Peak Wellness program offers free cancer and heart disease screenings for qualifying 40- to 64-year-old men and women in Colorado. The program is intended to reduce the incidence of disease and death by screening for important risk factors; provide early detection and early treatment of disease; and help people make healthy lifestyle choices. Weekly appointments are held at multiple locations throughout the metro area.

"Screening for heart disease risk factors is crucial, since heart disease is the leading cause of death in Colorado. Screening for cancer is also important, since breast cancer is the second leading cause of cancer deaths among women today," said Richard L. Vogt, MD, Executive Director. "We're encouraging people to take advantage of our free screenings. With early detection of a potentially life-threatening illness, clients can seek treatment or make lifestyle changes and ultimately be healthy for themselves and their family."

The free visit to a Peak Wellness clinic includes blood pressure, cholesterol, blood sugar and body mass index tests to screen for heart disease risk factors. Female clients will also receive a Pap test to screen for cervical cancer, a clinical breast exam, and will schedule a free mammogram to screen for breast cancer. In addition, clients also have the opportunity to speak one-on-one with a Registered Nurse, a Registered Dietitian, health educator and/or a smoking cessation specialist for free. The average clinic visit is 90 minutes.

"If cardiovascular problems, or breast/cervical cancer are detected, we also provide referrals to free or discounted medical services, so people can receive the follow-up treatment they need," said Vogt.

The Peak Wellness program is open to men and women who are 40- to 64-years old; meet income guidelines; are legal U.S. residents; do not have insurance; and/or for women, do not have insurance that covers a Pap test or mammogram and have not had a Pap test or mammogram in the past 12 months. Potential clients can live anywhere in Colorado.

Appointments are held at multiple locations throughout the metro area including Aurora, Castle Rock, Commerce City, Englewood and Northglenn. For more information or to make an appointment, call 303-363-3018 or visit their website at [www.tchd.org/peakwellness.htm](http://www.tchd.org/peakwellness.htm).

# # #