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PARTICIPATE IN 30th ANNUAL 9HEALTH FAIR APRIL 18-26, 2009

*Volunteer and Get Your Key Health Numbers at Colorado's Largest,
Volunteer-Driven, Non-Profit Health Fair Program*

Denver, CO - - Below 100. Under 200. One hundred twenty over 80. Do you know what these numbers mean? You should. They are ideal levels for glucose, cholesterol and blood pressure. In a recent *WebMD* article by doctors at the Columbia Center for Heart Disease Prevention, learning about those three key health numbers can help prevent heart disease, diabetes and even save a person's life. Anyone 18 and older across Colorado, Wyoming, and Nebraska can find out over 20 key health numbers this year by attending one of more than 170 volunteer-run 9Health Fair locations, April 18-26.

"In today's tough economic times, it has never been more important for people to really take control of their health and prevent unnecessary health emergencies," said Jim Goddard, President and CEO of 9Health Fair. "9Health Fair offers over 20 free and low-cost critical health screenings, and with over 170 locations for people choose from this year, there is no better time than now to get those key health numbers." Approved by 9Health Fair's Medical Advisory Committee, free health-related information from hundreds of local medical organizations is available for people to access at 9Health Fair, as well.

Low-cost screenings available at all 9Health Fair sites include:

- \$30 Blood Chemistry screening; provides participants with a baseline check on their cholesterol, blood glucose, liver, kidneys, thyroid and more
- \$15 Blood Count screening; identifies a person's ability to fight infection, risk for anemia and blood-clotting abilities by checking white and red blood cells, hematocrit and hemoglobin levels
- \$25 Prostate Specific Antigen (PSA) screening; identifies a man's risk for prostate cancer
- \$20 Colon Cancer Screening Kit; this take-home/mail-in kit checks for human blood in the stool which can lead colon cancer. Volunteer 9Health Fair nurses and doctors will call participants with abnormal results.

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Free screenings include:

- Oral
- Finger-Stick Glucose
- Osteoporosis
- Talk with a Health Professional
- Talk with a Pharmacist
- Skin
- Breast
- Pap Smears
- Prostate/Testicular
- Foot
- Blood Pressure
- Hearing
- Height/Weight/Body Mass Index (BMI)
- Body Fat Skinfold Measurement
- Body In Balance
- Vision
- Eye Health
- Cardiac Risk Assessment
- Mental Health
- Metabolic Syndrome
- Nutrition
- Pulse Oximetry

Thanks to Metro Taxi/Taxi Latino, free transportation is available to and from Metro Denver 9Health Fair locations and free interpretation and translation language services are available, as well. Participants with serious health issues are notified by volunteer nurses and doctors within 72 hours of their 9Health Fair visit and encouraged to seek immediate medical attention. Follow up resources are available for those with little or no health insurance.

People can also volunteer in a variety of medical and non-medical capacities at a 9Health Fair. Phlebotomists, Registered Nurses (RNs), Physicians Assistants (PAs), Medical Doctors (MDs), Emergency Medical Technicians (EMTs) and other credentialed medical professionals are needed. Retired medical professionals and students enrolled in a medical program can also volunteer at any 9Health Fair site, with instructor supervision. Additional training and refresher courses are available through 9Health Fair.

“Helping people prevent health emergencies through screenings and education is what 9Health Fair is all about,” said Goddard. “Each year, more than 19,000 people donate their time and expertise to help 90,000 9Health Fair participants get their health checked and learn the latest tips on how to maintain a healthy lifestyle. Volunteering at 9Health Fair is a great way to be a part of something really special.”

9Health Fair will continue testing its new online registration functionality, which allows people to complete their registration form and pay for their 9Health Fair screenings from work or home, at eight locations. A Rheumatoid Arthritis screening, which checks a person’s risk for RA, is available at approximately 20 sites.

Educators from hundreds of health-related organizations are on hand to answer questions about a variety of health issues ranging from prescription drugs to diabetes to diet and exercise and more. Approximately 19,000 medical professionals and non-medical volunteers are needed this year to deliver 9Health Fair in 170 communities throughout Colorado, Wyoming and Nebraska.

Visit 9Health Fair’s website at www.9healthfair.org for a complete list of 9Health Fair locations, volunteer opportunities and available screenings.

About 9Health Fair

9Health Fair is Colorado’s largest non-profit, volunteer-driven health fair program that promotes health awareness and encourages individuals to assume responsibility for their own health. Created by a National Institutes of Health project and 9NEWS, 9Health Fair’s free and low cost health screenings and education program have earned unique endorsements from the Colorado Medical Society, the Colorado Nurses Association and the Colorado Hospital Association. Since 1980, 9Health Fair has impacted 1.7 million lives.

As an independent non-profit 501(c)(3) organization, 9Health Fair is proud of its financial management performance, keeping its administration and fundraising expense under 17 percent of its total budget, well under the industry average of 20-25 percent.

Major sponsors for the 2009 9Health Fair include 9NEWS, Quest Diagnostics, King Soopers/City Market, Abbott and GE Healthcare. Special thanks to The Colorado National Guard for its continued 9Health Fair support through delivering supplies to volunteers and sites around the state.

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