

## SPECIALTY PREVENTATIVE SCREENINGS

DePauw University, in partnership with DePauw Health, is offering specialty preventative screenings along with biometric wellness screenings in January 2020. These specialty tests are not recommended for everyone; however, they may be helpful indicators of health issues for certain populations.

**Please read below to determine whether or not this screening would be advisable for you.**

### HYPOTHYROIDISM

Hypothyroidism is when your thyroid does not produce enough thyroid hormone. Common causes of this are autoimmune conditions (such as Hashimoto's thyroiditis), removal of the thyroid gland, and radiation treatment. With low thyroid levels, your body "slows down".

Signs and symptoms vary, but may include:

- Depression, forgetfulness, constipation, coolness and exhaustion

Risk factors include:

- Female gender, advanced age, Caucasian, type 1 diabetes, down syndrome, family history of thyroid disease and ingestion of iodine-containing drugs

### HYPERTHYROIDISM

Hyperthyroidism is when your thyroid produces too much thyroid hormone. Common causes of this are autoimmune conditions (such as Graves' Disease), nodules or conditions such as thyroiditis, caused by an infection or virus. With high thyroid levels, your body "speeds up".

Signs and symptoms vary, but may include:

- Anxiety, heart racing, sweating, excess energy, thinning of skin, swelling of neck and bulging eyes

Risk factors include:

- Female gender, advanced age, African American, family history of thyroid disorders and radiation treatments

### THYROID (TSH) TEST

Your thyroid is a butterfly-shaped gland located in the front of your neck. Your thyroid controls how your body uses energy and it affects most organs in your body. Thyroid gland disorders are very common and can have a range of effects on quality of life. Thyroid stimulating hormone (TSH) is a hormone that is made in your pituitary gland and alerts your thyroid gland how much hormone to produce. A high level of TSH indicates you have hypothyroidism, which suggests your thyroid is not making enough thyroid hormone. A low level of TSH may suggest you have hyperthyroidism, which means your thyroid is making too much thyroid hormone. Please read below for more information on these two conditions.

### SHOULD I BE TESTED?

Please note: Biotin (commonly found in multi-vitamins) ingestion will cause an abnormal TSH level. It is best not to ingest Biotin for three days prior to testing. If you checked two or more boxes below, you may be a candidate for testing.

- I have talked to my provider about the test
- I have one or more risk factors from the lists above for either hypothyroidism or hyperthyroidism
- I have experienced signs and symptoms listed above of either hypothyroidism or hyperthyroidism

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### SICKLE CELL TEST

Sickle cell anemia is caused by a mutation to the gene that makes the iron-rich compound (hemoglobin) that gives your blood its red color. Hemoglobin carries oxygen to every part of your body. In sickle cell anemia, the mutated hemoglobin changes your blood cells from smooth and round to hard and sticky crescent shapes. The gene that causes sickle cell anemia must have been passed down from both your mother and father in order to affect you. If only one parent passed on the gene, you may carry the sickle cell "trait"; however, generally symptoms will not show. Since 1992, all newborns in the U.S. are screened for sickle cell at birth.

### SHOULD I BE TESTED?

Sickle cell testing is not necessary for everyone and should only be done upon provider recommendation. If two or more boxes below apply to you (please check), you may be a candidate for testing.

- I have talked to my provider about the test
- I have one or more risk factors:
  - African American, one or both parents are carriers, born before 1992
- I have experienced signs and symptoms:
  - Pain in joints or abdomen; painful swelling of hands or feet; pale skin and nails; yellow tint to skin or eyes

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### PROSTATE (PSA) TEST

The prostate-specific antigen (PSA) test is a simple blood test that is used to screen for prostate cancer. PSA is a protein that is produced by both cancerous and non-cancerous cells in the prostate, which is a gland found just below the bladder in men. The test will show the amount of PSA that you have in your blood. While PSA levels naturally increase with age, high levels of PSA can be abnormal, and may indicate a variety of conditions including prostate cancer or prostate inflammation. PSA screenings offer a potential benefit of lowering the chance of death from prostate cancer in some men. However, there is a risk of false-positives, over-diagnosis, over-treatment and other potential harms.

### SHOULD I BE TESTED?

This test is not recommended for everyone and does have risks. Please discuss with your provider about whether this test is right for you. If two or more boxes apply to you (please check), you may be a candidate for PSA testing.

I am male AND age 55-69 years.

Only if you checked the first box, continue:

I have talked to my provider about the test

I have one or more risk factors:

- African American

- Family History of Prostate Cancer

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