

What's New at Lady Fair



And did we mention the prizes?



1. A Cruise

Travel agent Susan Helms of Travel Services will help you plan the cruise of your dreams. Visit the prize table to see some brochures.

Health & Wellness Tour Coming to Lady Fair

The single, largest women's event in Burke County just keeps getting better.

The 2007 version of Lady Fair on Saturday, March 31, from 8 a.m. to 1 p.m., will feature more free screenings, more participating physicians, an expanded massage area and two 18-wheeler tractor-trailers.

The two custom-designed, 53-foot semi-trailers that will be parked in front of the Collett Street Recreation Center on Saturday are part of GE Women's Health & Wellness Tour sponsored by iVillage Total Health. Part of Collett Street will be closed to traffic on Saturday.

"We're privileged to have the Tour come to Morganton," said Ivan Vinueza, BRHC Director of Radiology Services. "GE only does about 40 stops a year throughout the United States."

The GE mobile tour educates women by providing two semi-trailers for health screenings and displays of the latest clinical technologies, such as digital mammography and a 4-D laptop-size ultrasound unit.

Blue Ridge HealthCare recently purchased GE digital mammography units for the

Free Screenings

Lipid panel	Glucose
Blood pressure	Bone density
Skin cancer	Mood disorder
Lung health	Generalized anxiety disorder
Depression	Post traumatic stress syndrome
Balance tests	

new Women's Health Pavilion at Grace Hospital. On Saturday, BRHC radiologists will be on hand to discuss why getting a mammogram is important and how digital mammography has revolutionized the field. A digital mammography unit will be on display.

"We wanted women to know what one looked like," Vinueza said. "A lot of women are afraid to have mammograms because they've never seen the machine. This way, they'll be able to see how it works and how much compression is used to get an image."

Also inside the truck will be free osteoporosis screenings complete with education about osteoporosis prevention. BRHC Radiology will have more bone density screening stations inside the recreation center. Bone density is measured by testing the ankle.

"There is a lot of osteoporosis in this area," Vinueza said. "A woman can be tested and then she can talk to her doc-

tor about the results. It may be that she is advised to quit drinking carbonated drinks or to stop smoking. But she may find out she needs medication to stop the deterioration of bone."

The Women's Wellness Vehicle will feature Blue Ridge HealthCare's Food and Nutrition Department, which will be having demonstrations throughout the morning on cooking healthy. This truck contains a fully functional demonstration kitchen with an additional suite for fitness and screenings.

Chef Fred Kiggen and Food Production Manager Frances Mack will conduct the demonstrations. BRHC dietitians will have nutritional information and will be available to answer questions.

More than 75 vendors - including local physician practices - have signed up for this year's health fair to provide a variety of health information and other products aimed at women.

Free screenings for cholesterol, glucose, bone density, skin cancer, balance testing, lung health, blood pressure and depression will be offered.

Lipid panels, which will be taken from 8 a.m. to 10 a.m., are used to determine your risk of heart disease and includes total cholesterol, HDL (often called good cholesterol), LDL (bad cholesterol) and triglycerides. A small vial of blood is taken in order to conduct the lipid panel and participants will be notified of results by mail.

If you plan on having a lipid screening, you shouldn't eat or drink after midnight on Friday so the test will be more accurate. You can take medicine with a small sip of water.

Other Blue Ridge HealthCare Departments providing information and services are Phifer Wellness Center, Blue Ridge HomeHealth Care, Cancer Center, Fall Team, Pastoral Care, Spirometry, Grace Ridge Retirement Community, Durable Home Medical Equipment, Diabetes Education, Behavioral Health, Respiratory Therapy, Nurse Recruitment, Volunteer Recruitment, and Family Center.

An interpreter for the hearing impaired will be available during the event.

For more information on this year's Lady Fair health event, call 580-6220.



2. A large-screen TV

You may not admit it to your husbands, but you know you'd love a big ol' TV. And the remote will belong to you!



3. A room makeover

Forget the television shows. You'll be working with your own professional designer to makeover a room. Tiffany Poteat, ASID, of Morganton, will help make your dream room come true. She will have a table set up at Lady Fair displaying beautiful samples of fabrics. Check out her web site at www.tiffanypoteat.com.

These prizes are valued at more than \$2,000. Prizes of lesser value will be awarded as well. Blue Ridge HealthCare employees and their immediate families are not eligible to register.

Vendors

Butch's BBQ
Avon
Dr. Howard Hall - Medical Heights OB-GYN Options
Western Piedmont Heart Centers
Burke County Friends for Animals
Women's Health Group, P.A
Home Interiors
Dr. Tammy Boyd - Drexel Medical Practice
Juice Plus
Salon Definitions
Komen Foundation
Lady Bugs & Butterflies
Chick-fil-A
Dr. Jamie Young - BRHC Internal Medicine
Dessert First
Creative Memories
News Herald Gab Girls
Wendy B's
Morganton Eye Physicians
Dr. Kurian Abraham - MedArk
Mary Kay
Medical Alliance Clinic - Dr. Greg Clay

Tupperware
Merle Norman
Cloud Surgical Solutions - Dr. William Cloud and Dr. David Ellertson
Burke Primary Care
Health Check/Safe Kids - Burke County Health Department
Dr. William Goliber - Chiropractor
Ken's Handcrafted Silver Jewelry
Pampered Chef
Dr. Suneel Mohammed and Dr. Mushtaq Bukari - Gastroenterology specialists
Carolina Pulmonary
Inn at Glen Alpine
Jewelry - Kathryn Smith
Dr. Frank Steele - skin cancer screenings
Womens Health Care - Dr. John Lafferty
Dr. Alan Jacks - surgery
Dr. Bryan Cox - family practice
Dr. Diaa Hussein - Greenway Family Practice
Family Medical Associates
Evans OB/GYN
Morganton Internal Medicine

Mountain Orthopaedics
The News Herald - Dexter
Courthouse Coffee
Fancy Bloomer
Antiques - Selina Shue
Beauty Control
Jewelry by Lynn
FIPP - J. Iverson Riddle Institute
Murals by Susan - Susan Patton
Burke Pharmacy
Dreams of Clay - pottery by Lynn Martin
Iron Wood Orchids - fresh orchids and pots
N.C. Division of Deaf and Hearing Impaired
Black Pot Pottery - Danielle Townsend
Home Instead Care
Saving Lives CPR
Memory Clinic
Southeastern Pain Clinic
Dr. Seth Hawkins - Appalachian Wilderness Medicine