



“THE HEALTHCHECK360 SCREENING CAUGHT MY CANCER”

MEET DON

Don, a married father of 4, participated in the HealthCheck360 screening in October 2017. Shortly after the screening, Cher, a nurse with HealthCheck360 called Don to inform him of elevated PSA levels in his blood work. The high PSA levels warranted a visit with his doctor for further evaluation. His doctor discovered Don had prostate cancer and after having his prostate removed, they discovered Don had Lymphoma as well.

MOVING FORWARD

Over the course of several months, Don and his family worked their way through two very difficult cancer diagnoses. He credits the HealthCheck360 screening for catching his cancer. “Had I not had the health screening, none of this would’ve been detected because I had zero symptoms,” says Don.

MAKING PROGRESS

Not only did the HealthCheck360 screening help Don identify cancer, it has motivated him to make a number of positive changes in his lifestyle. These changes have helped Don improve his health score by 25 points! Don now walks on a regular basis, with a goal of 3 miles each day. He dropped his tobacco habit and has been tobacco free for 2 years. Don’s mindset is to take change one-step at a time. “You’re not going to conquer it overnight,” he says.

PAITENT THEN, ADVOCATE NOW

Don and his wife Stacy, have been married for 27 years and they recently added another granddaughter to the family. “Spending time with family brings the most joy to my life,” says Don. Don and his family are happy to say his cancer is in remission! Don is using his experience to help others by stressing the importance of participating in the HealthCheck360 screening. He shares his story with co-workers to inspire them to complete the screening. “It’s important to me to champion the cause,” says Don. He’s also helping other people who have been diagnosed with cancer by giving advice and walking them through what they can expect. Don has transformed his health and is now a passionate advocate for others.