

Contact: John Hopper  
Phone: (201) 265-2100, Ext. 755

February 16, 2010

## **PRESS RELEASE**

### Free Blood Pressure Screening in Paramus

The free screening program for hypertension will be offered to all Paramus residents according to John Hopper, Borough Health Officer. This health prevention program will be available on Thursday, March 18, 2010 from 11:30 am to 1:00 pm at the Paramus Senior Citizens Center on Farview Avenue and on Friday, March 26, 2010 from 9:30 am to 11:00 am at Paramus Borough Hall. No appointments necessary. On March 10<sup>th</sup>, Blood Pressure & Diabetes screening will be held at the Paramus Board of Health between 1:00 and 3:00 pm. Appointments are necessary and can be made by calling the Public Health Nurses at 201-265-2100, Ext. 615 or 618.

Contrary to popular belief, most people with high blood pressure do not feel sick or have symptoms that would alert them to the fact that their blood pressure is high. Therefore it is important to have your blood pressure checked, Hopper added. Hypertension can be treated and controlled by your physician.

Board of Health President Eric Nazziola invites residents to take advantage of these important health services.

cc: Mayor J. Tedesco  
Councilwoman M. O'Brien  
Toni Falato, Borough Clerk  
Board  
P. Opitz, RN  
J. Fraioli, RN.  
COUNTY SEAT  
TOWN NEWS  
Community Bulletin Board (TCI)  
Fire Co's

M. Baldonado, RN.  
Elks Lodge No. 2001  
Woman's Club of Paramus  
Paramus Senior Center  
Republican Club  
Paramus Rotary, PM  
Paramus Public Library  
Lisa Kwon, WMBC-TV  
Democratic Club