

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

March 12, 2010

PRESS RELEASE

Free Blood Pressure & Diabetes Screening in Paramus

The Paramus Board of Health will offer free screening for high blood pressure and diabetes to Paramus residents on Wednesday, April 7th from 1-3 pm. and for blood pressure only on Friday, April 23rd from 9:30 – 11:00 am. according to Health Officer, John Hopper. These programs can give you important information about your health that can be used to evaluate your risks for both diseases. Literature will also be available. Appointments are necessary for April 7th, therefore please call the Board of Health nurses at (201) 265-2100, Ext. 615 or 618. No appointment is necessary on April 23rd.

Untreated hypertension places you at risk for heart disease by damaging your heart muscle and blood vessels. It has few noticeable symptoms, but increases your chance of heart attack or stroke. These chances are increased further if you have a family history of heart disease, are overweight, smoke or lead a sedentary lifestyle. Becoming aware of hypertension, making the necessary diet and exercise changes and seeking appropriate medical care are the important steps to keeping your blood pressure in a healthy range.

Persons over 40 years old who are related to a diabetic or overweight should be tested yearly for diabetes. Symptoms of diabetes include frequent urination and changes in vision. The simple fingerstick test requires a two hour fast preceded by a meal. If you would like to be scheduled, please call the nurses for diet instruction and an appointment. Refraining from alcohol for 24 hours prior to testing increases the likelihood of accurate results.

Board of Health Vice-President Dr. Holly Driscoll advises residents to take advantage of these important health services.

cc: Mayor Tedesco
Councilwoman M. O'Brien
Toni Falato, Borough Clerk
Board
P. Opitz, RN.
J. Fraioli, RN.
M. Baldonado
COUNTY SEAT
TOWN NEWS
Democratic Club

Cablevision
Elks Lodge No. 2001
Woman's Club of Paramus
Paramus Senior Center
Republican Club
Paramus Rotary, PM
Paramus Public Library
Community Bulletin Board (TCI)
Lisa Kwon, WMBC-TV
Fire Co's