

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

June 9, 2010

## PRESS RELEASE

### Free Blood Pressure & Diabetes Screening in Paramus

The Paramus Board of Health will offer free screening for high blood pressure for Paramus residents on Friday, June 25<sup>th</sup> from 9:30 am to 11:00 am at Borough Hall. This program can give you important information about your health that can be used to evaluate your risks for high blood pressure. No appointment is necessary.

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.

Board of Health member Jack Brunner advises residents to take advantage of this important health service.

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

Community News (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  
Democratic Organization