



Southeastern Idaho Public Health

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Free Heart Health Screening To Be Offered in Pocatello

POCATELLO, IDAHO – Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Idaho State University and Southeastern Idaho Public Health are proudly participating in Heart Health Month.

Celebrate your heart health by attending a FREE Heart Health Screening and Community Health Check on Tuesday, February 28th from noon – 3 p.m. at Southeastern Idaho Public Health located at 1901 Alvin Ricken Drive in Pocatello. Screenings will include: A1c Testing and Cholesterol Testing, medication review, stress management techniques, blood pressure checks, nutritional counseling, oral health screenings, smoking cessation counseling and nicotine replacement therapy assistance, personal fitness assessments, stroke education, and self-management strategies. For more information about the event, contact Traci Lambson at 478-6316 or visit www.siphidaho.org.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.