



**McHenry County
Department of Health**

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FOR IMMEDIATE RELEASE
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Get your heart checked!

Cardiovascular screening offered February 18

Woodstock IL – To recognize February’s American Heart Month, McHenry County Department of Health (MCDH) is offering a cardiovascular screening on Thursday, February 18th, from 8:30am to 11am, at McHenry County College, 8900 Northwest Highway, Crystal Lake. The screening requires a 12-hour fast and includes total cholesterol (HDL and LDL), fasting blood sugar, triglycerides, blood pressure, and cardiovascular education. A new offering this year is a body composition analysis. Appointments are required. The cost is \$35.00.

Each year, more Illinoisans die from heart disease than from cancer, unintentional injuries, lung disease, pneumonia, influenza and diabetes combined, according to the Illinois Department of Public Health. Age, gender and family history are risk factors beyond our control. However, changes in life style and early treatment for risk factors such as high cholesterol, high blood pressure, smoking, diabetes, obesity, lack of exercise and poor nutrition can have a significant impact. The more risk factors a person has, the greater the chances of developing heart disease.

Call MCDH at 815-334-4536 to schedule your appointment.

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“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”