



**McHenry County  
Department of Health**

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**FOR IMMEDIATE RELEASE  
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## Cardiovascular screening offered July 31

**Woodstock IL** – McHenry County Department of Health (MCDH) is offering a cardiovascular screening on Saturday, July 31, from 7:30am-11:30am, at its Crystal Lake office, 100 N. Virginia Street. The screening requires a 12-hour fast and includes total cholesterol, HDL and LDL cholesterol, fasting blood glucose, triglycerides, blood pressure, cardiovascular education and heart age assessment. Appointments are required. The cost is \$35.00.

Heart disease and stroke are the first and third leading causes of death, respectively, in Illinois – killing 5 people every hour, according to the Illinois Department of Public Health. Age, gender and family history are risk factors beyond our control. But what we can change is high cholesterol, high blood pressure, smoking, diabetes, obesity, lack of exercise and poor nutrition. The more risk factors a person has, the greater the chances of developing cardiovascular 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.”*