



FOR IMMEDIATE RELEASE

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Get Your Blood Pressure Checked This American Heart Month

American Heart Month is the perfect reminder to take care of your cardiovascular health.

Nearly 1 in 2 adults has high blood pressure, which puts them at higher risk of heart disease and stroke. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:

A: Take aspirin as directed by your health care professional

B: Control your blood pressure

C: Manage your cholesterol

S: Don't smoke

Regularly monitoring your blood pressure, with support from your health care team, can help lower your risk for heart disease and stroke. You can check your blood pressure at the doctor's office, at a pharmacy, at home, or by stopping by our office. During this month, Monroe County Health Department is offering free walk-in blood pressure checks during office hours. Our staff will measure your blood pressure, help you understand your levels, and help you take steps to prioritize your heart health.

Take control of your heart health today by stopping by our office for a free blood pressure check Monday – Friday from 8:30 a.m. – 4 p.m. and learn more at www.cdc.gov/heartmonth

Follow the Monroe County Health Department [Facebook](#) and [Instagram](#) pages for more.

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Healthy People, Healthy Monroe County