

**Promoting a Safer and Healthier Community Since 1854**

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Public Health Administrator

For Immediate Release

***Special Heart Month (February) Cholesterol Screening Clinic at Heartland Community Church***

Heart disease is a leading cause of death in the United States and in Winnebago County. 71 million adults have high cholesterol but 2 in 3 don't know they have it. The chance of heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk.

In honor of February being National Heart Month, give your heart a special Valentine and get checked for high cholesterol. The Winnebago County Health Department (WCHD) is offering a "Heart" month special on the morning's of February 2<sup>nd</sup> through the 4<sup>th</sup> of a Lipid Panel and Comprehensive Metabolic Panel for \$25 (regularly \$40). These tests require a 10 hour fast, but it is recommended to drink plenty of water prior to the screening.

Winnebago County Health Department's Cholesterol Screening Clinic (walk-in, no appointment necessary)  
Heartland Community Church - 1280 South Alpine Road, Rockford, Illinois 61108

**Thursday February 2, 2012: 8 a.m. - 12:30 p.m.**

**Friday February 3, 2012: 8 a.m. - 12:30 p.m.**

**Saturday February 4, 2012: 8 a.m. - 12 noon**

Here are more tips on how to prevent **heart disease**:

- **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's excess body fat. If you know your weight and height, you can calculate your BMI.
- **Physical activity** can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. So, if you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease.
- **Limit alcohol use.** Avoid drinking too much alcohol, which causes high blood pressure.

For more information, please call the Winnebago County Health Department's Health Promotion office at 815-720-4264, or visit the WCHD website at [www.wchd.org](http://www.wchd.org). You may also follow WCHD on Twitter or Facebook.

**\*Lipid Panel:** The Lipid Panel tests the cholesterol components (Total cholesterol, HDL (good cholesterol), LDL (bad cholesterol), triglycerides, and a risk ratio.

**\*Complete Metabolic Panel (CMP):** The CMP test looks at your glucose (blood sugar), some kidney functions, some liver functions, some electrolytes, as well as blood proteins.

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***Service Locations***

401 Division St. Rockford, IL 61104-2014 (815)720-4000  
555 North Court St. Rockford, IL 61103-6862 (815)720-4000  
330 15<sup>th</sup> Avenue Rockford, IL 61104-5155 (815) 972-7200

Mailing address for all locations: 401 Division St. P.O. Box 4009 Rockford, IL 61110-0509

[www.wchd.org](http://www.wchd.org)

