



**McHenry County
Department of Health**

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**FOR IMMEDIATE RELEASE
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Cardiovascular screening offered October 23

WOODSTOCK IL – McHenry County Department of Health (MCDH) is offering a cardiovascular screening on Saturday, October 23, 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 necessary. 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. They are also the major causes of disability. Age, gender and family history are risk factors beyond our control. But what we can change is high cholesterol, high blood pressure, smoking (including second-hand smoke), diabetes, obesity, lack of exercise, excessive alcohol use 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 an appointment.

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