



For Release:	<b>Media Invited</b>	Contact:	Frank Correggio Public Information Officer
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## Heart and Stroke Screening At 16<sup>th</sup> Annual Smart Heart Day 2010

**BOCA RATON, FLORIDA**—Boca Raton Community Hospital and Boca Raton Fire Rescue Services invites you to attend **“SMART HEART DAY 2010”**. Boca Raton Community Hospital, in cooperation with Boca Raton Fire Rescue Services Department, will offer a free citywide cholesterol screening with a full lipid profile along with a glucose check and blood pressure screening. The screening will take place on Friday, February 12, 2010, from 8 a.m. to 12:30 p.m. at The Fire and Police Services Building located at 6500 Congress Avenue in Boca Raton. Reservations are preferred and fasting is recommended for the cholesterol analysis.

Boca Raton residents can stop by 6500 Congress Avenue and city paramedics will draw their blood for the cholesterol analysis. The Boca Raton Community Hospital laboratory will then analyze the blood and mail results to residents within two weeks. Please bring 6 self-addressed returned labels with your first and last name on them.

Staff nurses from Boca Raton Community Hospital will check blood pressures and distribute educational material concerning blood pressure, cholesterol, stroke and heart disease. Coronary heart disease remains the number one leading cause of death in the U.S. today. High blood cholesterol and high blood pressure are two significant controllable risk factors leading to coronary heart disease due to poor diet and exercise habits. Studies show that a 10-15 percent reduction in an individual's blood cholesterol level will lead to a 20-30 percent reduction in heart attack risk. Normal cholesterol levels are 200 or less.

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**FREE Cholesterol and Blood Pressure Screening,**

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The glucose, cholesterol and blood pressure screenings are a component of the “**Smart Heart**” partnership between Boca Raton Fire Rescue Services and Boca Raton Community Hospital. This long-standing team effort was established in 1994 to bring preventive health education and programs to the community and thereby reducing health risks. This is the **16<sup>th</sup>** year that Boca Raton Fire Rescue Services and Boca Raton Community Hospital are providing this service. Over 12,000 residents have taken advantage of the “**Smart Heart**” program.

**For questions and pre-registration please call the “Smart Heart” health line at 561-955-4468.**



# 16<sup>TH</sup> ANNUAL SMART HEART DAY 2010

OUR HEART HEALTHY EVENTS MAY CHANGE YOUR LIFE  
– AND POSSIBLY EVEN SAVE IT.

**FRIDAY, FEBRUARY 12, 2010**

**8:00am – 12:30pm**

6500 CONGRESS AVENUE, BOCA RATON

- Free blood pressure check, glucose and cholesterol screening
- Health fair
- Stroke risk assessments
- Light refreshments will be served
- Fasting is recommended
- Free Parking

TO REGISTER, CALL 561.955.4468.

