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## FOR IMMEDIATE RELEASE

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### TAKE CONTROL OF YOUR HEALTH

*MCDH OFFERS HEALTH SCREENINGS THE 1ST WEDNESDAY OF EACH MONTH*

**CRYSTAL LAKE IL** – Do you know your numbers? Your cholesterol, blood sugar, blood pressure and body mass index numbers are key indicators of your risk for chronic disease. For \$25 the McHenry County Department of Health (MCDH) will screen for these important risk factors.

Beginning in May and on the first Wednesday of each month thereafter, MCDH will schedule appointments at their Crystal Lake facility (100 N Virginia) for community wellness screenings and health education. In addition to cholesterol and blood sugar screening for a \$25 fee, heart age assessment, blood pressure checks and body mass analysis will be offered free of charge. All screening tests are non-fasting and private with immediate results. Test results will be given to clients so they may share them with their doctor.

According to the Centers for Disease Control and Prevention (CDC), 71 million American adults are living with high LDL cholesterol which can lead to heart disease, the leading cause of death in the United States. The National Cholesterol Education Program recommends that adults get their cholesterol checked at least every 5 years. The CDC also states that 1 out of 11 people are living with Diabetes and many are undiagnosed. Knowledge is power, by keeping your numbers within a healthy range, you can greatly improve your heart health and reduce your risk for chronic disease.

Online appointments can be made by visiting the MCDH website at [www.mcdh.info](http://www.mcdh.info). You may also call 815-334-4510 to schedule your appointment. On Wednesday, May 3<sup>rd</sup>, appointments are offered between 1:00PM and 4:00PM. Appointments can also be scheduled for Wednesday, June 7<sup>th</sup>, between 9:00AM and 12:00PM.