



FOR RELEASE  
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## **The Know Your Numbers campaign is back for a third year**

WHITEHORSE—The Government of Yukon is hosting a series of blood pressure clinics in Whitehorse from February 13 to 26, marking the third year of this popular public health service.

"We run the Know Your Numbers campaign in February to coincide with the national Heart Month," Minister of Health and Social Services Mike Nixon said. "Last year in Whitehorse almost 600 people had their blood pressure checked during the campaign. This year we hope for an even greater turnout that will further the awareness of the importance of knowing your numbers."

The clinics, which are provided by the Chronic Conditions Support Program, will screen for those with undetected high blood pressure, identify those at future risk and educate the public about the importance of knowing their numbers.

The Whitehorse clinics are scheduled as follows:

February 13	Canada Games Centre	8 a.m.–4 p.m.
February 14	Canada Games Centre	10 a.m.–6 p.m.
February 16	Canada Games Centre	12 noon–8 p.m.
February 17–18	YG Administration Building	8:30 a.m.–4 p.m.
February 19	Superstore Pharmacy	10 a.m.–8 p.m.
February 23	Medicine Chest (Ogilvie St)	8 a.m.–4 p.m.
February 24–25	Elijah Smith Building	8:30 a.m.–4 p.m.
February 26	Shoppers (Qwanlin Mall)	10 a.m.–6 p.m.

Yukoners in the communities are encouraged to contact their local health centre.

One in five Canadians has high blood pressure, or hypertension, which increases the risk of heart disease, kidney disease, Alzheimer's disease and strokes. Of those, 17 per cent are unaware of their condition. All Yukoners should have their blood pressure checked regularly, since high blood pressure often has no warning signs or symptoms.

Dates and times can also be found at [www.hss.gov.yk.ca](http://www.hss.gov.yk.ca).

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