



FOR RELEASE
February 14, 2013

February is Heart Health Month: Know Your Numbers

WHITEHORSE—Premier Darrell Pasloski and Minister of Health and Social Services Doug Graham will kick off the Know Your Numbers campaign in the foyer of the Yukon Government Administration Building in Whitehorse today.

The Know Your Numbers campaign consists of a series of free blood pressure clinics taking place in various public spaces and private enterprises.

"As a health professional, I understand the importance of knowing your blood pressure," Pasloski said. "High blood pressure can lead to life-threatening conditions. It has no symptoms and no warning signs. There's a good reason it's called the silent killer."

Also called hypertension, high blood pressure affects 20 per cent of Canadian adults. Of these, 42 per cent don't know they have it. Hypertension increases the risk of getting heart disease, kidney disease, Alzheimer's disease, and having a stroke.

"Regular monitoring can help diagnose hypertension before it leads to other health problems," Graham said. "We hope Yukoners will take advantage of these free blood pressure clinics to learn about high blood pressure—and to follow up with a health care professional if their pressure is high."

The free clinics will run for three weeks starting on February 14. They will take place in a mix of public spaces and private businesses with a high number of employees. Clinics will be added as interest warrants. The confirmed public clinics are:

- February 14, 9 a.m. to 4 p.m., Yukon Government Administration Building foyer
- February 15, 1 p.m. to 4 p.m., Medicine Chest Pharmacy
- February 16, 9 a.m. to 3 p.m., Canada Games Center
- February 19, 9 a.m. to 4 p.m., Yukon College
- February 25, 9 a.m. to 4 p.m., Elijah Smith Building atrium
- February 26, 9 a.m. to noon, City Hall
- February 27, 11 a.m. to 8 p.m., Canada Games Centre
- February 28, 1 p.m. to 4 p.m., Shoppers Drug Mart, Qwanlin Mall
- March 1, 1 p.m. to 4 p.m., Superstore Pharmacy
- March 2, 9 a.m. to 4 p.m., Home Hardware

Individuals with mild to moderate hypertension will be monitored for several weeks at follow-up clinics at the Whitehorse Health Centre while those with severely high blood pressure will be referred to hospital.

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News Release #13-027



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