



FOR RELEASE
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Know Your Numbers back by popular demand

WHITEHORSE—Building on the success of last year's inaugural Know Your Numbers campaign during Heart Month, the Chronic Conditions unit of Health and Social Services is running another series of public blood pressure clinics from February 14 to 27.

"Last year we screened almost 900 people," Minister of Health and Social Services Doug Graham said. "Most of them had blood pressure in the normal range, but 11 per cent had high blood pressure. These people now know they have to watch their numbers."

The clinics will screen for those with undetected high blood pressure, identify those at risk for future high blood pressure, raise awareness and educate the public on the importance of knowing their numbers.

The public clinics in Whitehorse are scheduled as follows:

February 14-16	Canada Games Centre	10:00 am – 6:00 pm
February 17-18	Canada Games Centre	10:00 am – 4:00 pm
February 19	Canada Games Centre	10:00 am – 3:00 pm
February 20	Whitehorse Public Library	12:00 pm – 7:00 pm
February 22	Whitehorse Public Library	10:00 am – 6:00 pm
February 23	Whitehorse Public Library	10:00 am – 3:00 pm
February 24-27	YG Main Building Foyer	10:00 am – 4:00 pm

In the communities, Yukoners are encouraged to contact their health centre.

High blood pressure, or hypertension, increases risk of heart disease, kidney disease, Alzheimer's disease, and stroke. Hypertension affects 20 per cent of Canadian adults. Of these, 42 per cent do not know they have it. Regular blood pressure check-ups are important as high blood pressure often has no warning signs or symptoms.

Learn more

Free blood pressure clinics: www.hss.gov.yk.ca/knowyournumbers.php

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