

FOR RELEASE
February 12, 2016

The Know Your Numbers campaign is back for a fourth year

WHITEHORSE—The Government of Yukon is hosting a series of blood pressure clinics in Whitehorse from February 12 to 25, marking the fourth year of this popular public health service.

"We run the Know Your Numbers campaign in February to coincide with 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 and to further increase awareness about the health risks associated with high blood pressure."

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:

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| February 12 | Government of Yukon Administration Building | 8 a.m.–4 p.m. |
| February 13 | Canada Games Centre | 8 a.m.–4 p.m. |
| February 15 | Yukon College | 9 a.m.–4 p.m. |
| February 16 | Canada Games Centre | 10 a.m.–8 p.m. |
| February 17 | Canada Games Centre | 8 a.m.–4 p.m. |
| February 18–19 | Elijah Smith Building | 8 a.m.–4 p.m. |
| February 20 | Real Canadian Superstore Pharmacy | 9 a.m.–4 p.m. |
| February 22 | Government of Yukon Administration Building | 8 a.m.–4 p.m. |
| February 24 | Medicine Chest (Ogilvie St) | 11 a.m.–4 p.m. |
| February 25 | Shoppers Drug Mart (Qwanlin Mall) | 2 p.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. It's vitally important to have our 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.

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