



FOR IMMEDIATE RELEASE 1/04/10

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**UNDER PRESSURE?
Blood Pressure Check Can Diagnose Severe Health Risks**

Broomfield/Northglenn, CO—North Metro Fire Rescue needs your help in properly addressing heart disease and strokes in our community by coming in for **FREE** blood pressure checks at Broomfield Senior Center on 280 Lamar Street the first Wednesday of every month from 12:00 to 12:30 p.m. or the Northglenn Recreation Center on 11801 Community Center Drive on the third Wednesday of every month from 9:30 to 10:00 a.m.

Participants will receive a monitoring card to keep track of any changes in your blood pressure over the course of multiple visits.

High blood pressure (hypertension) occurs when the body's smaller blood vessels narrow, which causes the blood to exert excessive pressure against the vessel walls. In turn, the heart must work harder to maintain this higher pressure. In time, this increased blood pressure can enlarge and damage the heart as well as blood vessels. High blood pressure is the leading cause of stroke. In addition, high blood pressure can also lead to severe headaches, visual disturbances, paralysis, seizures and cardiac disease.

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Having your blood pressure monitored will help you stay on top of these severe health risks. Stop by for your free blood pressure check soon! No appointment required—Just stop by.

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About North Metro Fire Rescue District

North Metro Fire Rescue is dedicated to your quality care. North Metro Fire Rescue provides fire protection, emergency medical services, hazardous materials response and rescue services to our community. Formed in 1946, the district now covers 63 square miles with a population of approximately 103,000 people including the City and County of Broomfield, the City of Northglenn and unincorporated areas of Boulder, Adams and Jefferson Counties.