

High blood pressure is a dangerous condition effecting more than 65 million Americans, one in every three adults. Known as the “silent killer” because it has no symptoms, high blood pressure can lead to heart disease, stroke and kidney disease.

Blood pressure screenings are held at several locations throughout Waushara County every other month starting with January, listed below.

Coloma Community Center – second Thursday from 1:00 pm to 1:30 pm

Hancock Community Center – second Tuesday from 1:00 pm to 1:30 pm

Plainfield Senior Center – third Wednesday from 1:30 pm to 2:00 pm

Redgranite Civic Center – second Wednesday from 1:00 pm to 2:00 pm

Saxeville Town Hall – second Monday from 11:30 am to 12:00 pm

These clinics are free of charge and no appointments are necessary.

Blood pressure screening is also available at the Health Department; however please call ahead to make an appointment.

For further information on blood pressure click on any of the following links:

American Heart Association-www.americanheart.org

National Heart, Lung and Blood Institute-

www.nhlbi.nih.gov/health/public/heart/index.htm#hbp

MEDLINE plus- www.nlm.nih.gov/medlineplus/highbloodpressure.html

Web MD- www.webmd.com