



# Southeastern Idaho Public Health

FOR IMMEDIATE RELEASE  
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## **Southeastern Idaho Public Health Provides Free Health Screenings**

Southeastern Idaho Public Health is conducting free health screenings, by appointment only, for the public on February 23<sup>rd</sup> and 25<sup>th</sup> at their office on 1901 Alvin Ricken Drive in Pocatello. The free health screenings assess family history, body mass index, blood pressure, blood glucose, A1c, cholesterol, LDL, HDL, and triglycerides, to determine the risk of developing heart disease, diabetes, and other chronic diseases. These screenings are available to any adult, who may think they are at risk for heart disease or diabetes. Fasting is **not** required before screening.

Heart disease and diabetes are chronic diseases that lead to high death rates and disability. People with diabetes are more likely to develop heart disease and other risk factors, such as high blood pressure and high cholesterol which increase the risk of having a heart attack or stroke. It is important to know your risk.

Find out your risk by contacting Mallory Summers at 208-239-5289 to schedule your health screening appointment.

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