



FOR IMMEDIATE RELEASE: DECEMBER 9, 2011

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Plan Ahead for Your New Year's Resolution
Low-Cost Cholesterol Screening Offered at TMHD

Want to get on the fast track to good health? Thinking about your New Year's resolution for 2012? Let the Trumbull Monroe Health District (TMHD) help you! On Thursday, January 12 and 19, TMHD will be offering low-cost cholesterol screening between 8:45 – 10:30 a.m., at TMHD offices, 2 Corporate Drive, Suite 116, Trumbull. Fasting is required. The cost for the screening is \$25.00, cash and check are accepted. Appointments are required. Call the Public Health Nurse at 203-452-5195 to schedule an appointment or to learn more about the screening.

“TMHD is excited to offer this new screening to our community,” said Patrice Sulik, TMHD Director of Health. “Taking responsibility for your cholesterol is the best way to help reduce your risk of cardiovascular disease.”

The lipid profile screening offered includes total, LDL and HDL cholesterol levels, blood sugar and triglyceride levels.

Cholesterol is a waxy, fat-like substance made in the liver and are found in certain foods, such as meat and dairy products. Cholesterol is needed for your body to function properly. When too much is present, plaque, or fatty substance, can build up on the walls of your arteries, causing severe health problems such as heart disease and stroke. There

are no noticeable symptoms of high cholesterol. Many people have never had their cholesterol checked so they don't know that they are at risk.

It is recommended that cholesterol levels should be checked at least once every five years for everyone over the age of 20.

You should consider having your cholesterol checked if you:

- Are a male, 45 years or older.
- Are a female, 55 years or older.
- Have a family history of early heart disease.
- Have a history of hypertension.
- Have a history of low HDL cholesterol (<40 mg/dl)
- Smoke or chew tobacco.

Start your New Year's off right! Call TMHD at 203-452-5195 to schedule an appointment or for more information.

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The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 203-452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m. or visit our website at www.tmhd.org.