

Blood Pressure Screenings

Nearly one in three adults has high blood pressure. Of that group, only about half have their blood pressure under control. High blood pressure is a major risk factor for heart disease and stroke, two of the leading causes of death nationwide. Many heart attacks and strokes, along with kidney failure can be prevented if we get better control of high blood pressure.

The primary care clinic at the health department is offering blood pressure screening and routine checks to anyone who feels they are at risk or have family history or that are known to have blood pressure issues. Our health department will be holding screenings at various tribal facilities throughout this coming year. Our focus is on prevention, education and maintaining control for those living with high blood pressure. Early detection is the key and with monitoring and medications and lifestyle changes there is hope.



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