

Community Nurse Program
Brunswick
Valerie Grzybowski RN

One way that Southwest General Health Center gives back to our community members is through our Community Nurse program. Our services target community members of all ages. The nurses are health educators and coaches leading our community members to reach their health and wellness goals. For more information on Community Nurse programs or screenings call 440-816-4037.

Blood Pressure & Diabetes Screening

Stop in and get your blood pressure and blood glucose checked. Fasting is recommended but not required.

2nd and 4th Wednesday each month

February 8th, 22nd and Saturday February 18th from 8-12 noon

Blood Pressure

Did you know high blood pressure kills over 52,000 people each year? About 65 million Americans aged 20 and older have high blood pressure. Nearly one in three adults has high blood pressure.

What do the numbers mean? Blood pressure is the measurement of the pressure or force inside your arteries with each heartbeat. It is written as two numbers, such as 120/80. The top or systolic number is the pressure when the heart beats. The bottom or diastolic number is the pressure when the heart rests between beats.

The greatest risk is that you usually do not know you have high blood pressure. There are no signs and its cause is unknown. Although it can't be cured, through lifestyle changes, medications and working with your healthcare team, you can control it and prevent future problems.

Diabetes

Diabetes affects more than 17 million American and has reached epidemic proportions in the United States and worldwide. If left untreated, diabetes can cause serious health problems, including heart disease, blindness, kidney failure and even death. The good news about diabetes is that it is treatable, and early detection and treatment can help those diagnosed decrease the chance of developing complications and live a full, healthy life. Do you know the signs and symptoms of diabetes? An eight-hour fast is recommended but not required. Please take advantage of this lifesaving screening available to you and discuss the results with a licensed professional nurse. For additional information call Southwest Community Outreach at 440-816-4037.

HEALTHY HEARTS

Learn important information related to your individual risk of developing heart disease and practical strategies on how to reduce your risk

February 1, 9-12. February 15th 8-noon. February 29th 8-noon.

