

# NEWS RELEASE



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## For Immediate Release

### **HALIFAX REGIONAL OFFERS LOW COST CHOLESTEROL SCREENINGS WEEKLY**

**ROANOKE RAPIDS, NC (March 1, 2012)—Halifax HealthLink will begin offering low cost cholesterol screenings weekly beginning Tuesday.**

No appointment is necessary for the screenings, which are offered from 8:30 a.m. until 1:30 p.m. at a cost of \$20. Halifax HealthLink is located in Becker Village Mall in Roanoke Rapids.

“Cholesterol management is important,” said Debbie Sanders, RN, director of education at Halifax Regional. “If you have too much LDL (bad) cholesterol circulating in your bloodstream, it can contribute to the build-up of plaque in your arteries over time. Too much plaque can lead to atherosclerosis, which, in turn, can lead to stroke, heart attack and blood clots.”

Additional health factors such as personal or family history of heart disease, smoking and age also can increase the risk for the build-up on plaque in your arteries. Diabetics and certain ethnic groups also are more susceptible to cholesterol related issues, says Sanders.

If you have any of these risk factors, ask your doctor about managing your cholesterol, advises Sanders.

For information about the cholesterol screenings, call 535-4334. HalifaxHealthLink is a service of Halifax Regional.

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#### **About Halifax Regional**

*Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit [www.halifaxregional.org](http://www.halifaxregional.org).*