



Media Release

January 5, 2006

FOR IMMEDIATE RELEASE

New Education Classes for Oxford County Residents with High Blood Pressure

London, ON – Oxford County has launched an education program for people recently diagnosed with high blood pressure. Each month (January through June) nurses, dietitians and pharmacists from the hospital, health unit and community will provide a series of group education classes to discuss the steps necessary to lower blood pressure and reduce the risk of serious disease and disability. The first series of classes will be held January 17, 18 and 19 at Alexandra Hospital in Ingersoll.

The blood pressure education classes are open to any resident of Oxford County diagnosed with hypertension within the last 3 months. There is no cost to participate.

Participants will be followed by a nurse for five months following the completion of the classes, and given support as they make lifestyle changes and adjust to new medications.

“Understanding how to monitor blood pressure, take medications properly, and change one’s lifestyle is vital in preventing serious illness,” says Mike Bragg, Director of Public Health and Emergency Services for Oxford County. “Participation in a program such as this one could help prevent future stroke and heart attack.”

Registrations and referrals will be accepted until June 1, 2006. For more information contact Holly Strickland, Program Coordinator, at (519) 485-1732 ext 298.

High blood pressure, also known as hypertension, is a serious risk factor for stroke, heart attack and kidney disease. There is no cure for high blood pressure, but it can be treated and controlled by making lifestyle changes and taking medication.

For more information:

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