

ALLEN BEALS, M.D., J.D.
Commissioner of Health



MARYELLEN ODELL
County Executive

ROBERT MORRIS, P.E.
Director of Environmental Health

DEPARTMENT OF HEALTH
1 Geneva Road, Brewster, New York 10509

FOR IMMEDIATE RELEASE

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Contact: Barbara Ilardi, Public Information Officer, 845-808-1390

PUTNAM COUNTY CELEBRATES “NATIONAL WEAR RED DAY”

Carmel, NY— Putnam County employees, including County Executive MaryEllen Odell, celebrated the tenth annual National Wear Red Day on Friday, February 1, by dressing in red and having their blood pressures checked. Wear Red Day brings awareness to the fact that more women in the U.S. die from heart disease than all cancers combined. It also kicks off American Heart Month, February, which promotes heart health for everyone. Both events are sponsored by the American Heart Association, the mission of which is to build healthier lives, free of cardiovascular diseases and stroke. The screening was organized by the Putnam County Employee Wellness Program to help identify those with high blood pressure, a risk factor for heart disease.

“Often there are no signs or symptoms for high blood pressure—it is sometimes called the silent killer,” said Allen Beals, M.D., Commissioner of Health, “but left uncontrolled, this condition can lead to heart and kidney disease, stroke and blindness.” Putnam residents are encouraged to visit their doctor for an annual physical to check for underlying risk factors for heart disease, including high blood pressure.

The Health Department’s mission is to improve and protect the health of Putnam County residents through prevention of illness and injury. For more information, please visit our website at www.putnamcountyny.com; or visit our social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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Photo Caption (JPEG attached): County Executive MaryEllen Odell supported Wear Red Day by dressing in red and having her blood pressure checked by public health nurse Jeanette Baldanza, RN, from the Putnam County Department of Health. The national event, which brings awareness to the fact that heart disease is the number-one killer of women—more than all cancers combined, also kicks off the American Heart Association’s February celebration of American Heart Month.