

## **PrimeTime Health Offers Stroke Prevention Screenings**

Stroke is the third leading cause of death in the United States and is a leading cause of serious long-term disability. Nearly three-quarters of all strokes occur in people over the age of 65. The risk of stroke more than doubles each decade after the age of 65.

As part of an effort to help individuals identify their risk of stroke, the Clearfield County Area Agency on Aging, Inc. through its PrimeTime Health program will be offering free stroke screenings at all CCAAA Centers for Active Living, the Houtzdale Family Service Center, and the DuBois Senior and Community Center. The Clearfield County Career and Technology Center's LPN program is assisting with the screenings.

Individuals may attend one of the following stroke screenings available: Kylertown Center on Thursday, June 5, from 10:30 am until 11:30 am; Karthaus Center on Thursday, June 5, from noon until 1:00 pm; Houtzdale Family Services Center on Thursday, June 12, from 10:00 am until 11:00 am; Coalport Center on Thursday, June 12, from 12:30 pm until 1:30 pm; Clearfield Center on Friday, June 13, from 10:30 am until 11:30 am; Mahaffey Center on Thursday, June 19, from 10:30 am until 11:30 am; and DuBois Senior and Community Center on Friday, June 20, from 11:00 am until noon.

These screenings are done to determine if individuals have risk factors that can contribute to stroke such as high blood pressure or atrial fibrillation, a condition that causes the heart to beat irregularly forming blood clots that can travel to the neck and head where they obstruct blood flow. Anyone found to be at increased risk for stroke will be urged to see his doctor for a more in-depth follow-up.

This screening may be of interest to individuals 50 years of age and older. There are no charges and no reservations needed for the screening. However, those interested in eating a weekday lunch at the Center are asked to call the day before to make a meal reservation. Any Clearfield County consumer over the age of 60 may contribute to the cost of the weekday meal on a donation basis. The cost for those under age 60 will be \$3.00. For more information on the screenings, call the local centers listed or 765-2696 or 1-800-225-8571 and ask for the PrimeTime Health program.