



**FOR IMMEDIATE RELEASE:**  
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**FOR MORE INFORMATION:**  
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## **Press Release**

### **Planned Parenthood, Taking the First Steps in Heart Disease Prevention for Women**

*PPNT clinics provide free blood pressure checks today through end of February*

**DALLAS** – To celebrate National Heart Health month, Planned Parenthood of North Texas (PPNT) is offering free blood pressure checks starting Valentine’s Day to help women identify risk factors of heart disease – the number one killer of women. PPNT has always provided blood pressure, cholesterol and diabetes screening as well as physician referrals for its more than 80,000 patients annually.

According to the American Heart Association, cardiovascular diseases claim the lives of more than half a million women every year — about a death a minute. The mortality rate in women is increasing while in men it is decreasing.

Texas has the highest rate of uninsured residents in the nation. With women being the largest portion of the uninsured, they are limited in their health care resources. Dr. Nina Radford, a Dallas cardiologist with a passion for prevention and women’s heart health, said the first step for any woman to reduce her risk of heart disease is to identify her risk factors including high blood pressure, high cholesterol, a family history of premature heart disease, cigarette use, diabetes, obesity and inactivity.

“Measuring risk factors can only be accomplished in women if they have access to health care providers who can measure blood pressure to see if it is elevated, measure their height and weight to help a woman determine if she is at her ideal body weight, draw and test blood samples to determine if high cholesterol and diabetes are present and take a family history to see if a genetic risk for heart disease is present,” Radford said.

“(PPNT) clinics not only offer these vital services to women so that they can take the important first step of identifying their risk factors for heart disease, but they can help women take the next step in getting those risk factors treated by referring them to the appropriate health care providers. (PPNT) is armed and ready to join the fight against heart disease in women,” Radford said.

For 70 years, PPNT has provided compassionate medical care in North Texas. In 2004, PPNT clinics served more than 80,000 patients in its 28 clinics. PPNT also provides health education outreach to 12,000 individuals a year.

Patients may call 1-800-230-PLAN or visit [WWW.PPNT.ORG](http://WWW.PPNT.ORG) for clinic locations and hours of operation.

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