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Phoenix Baptist Hospital, Spectrum Mall Make Free Heart Checks Available

Service Benefits Public and Phoenix Fire Department

PHOENIX (Feb. 24, 2003) — High blood pressure is one of the major risk factors in coronary heart disease, the leading cause of death among Americans. More importantly many individuals don't even know that they have high blood pressure. Because of this fact Phoenix Baptist Hospital and the Phoenix Spectrum Mall have combined efforts to make the community healthier with a free Heart Check Center available to the public. Housed in a kiosk located outside the Phoenix Firehouse store at Spectrum Mall, the center provides the public with two automated blood pressure and pulse rate monitors they can use free of charge. Spectrum Mall donated the space for the Heart Check Center, which was provided by Phoenix Baptist Hospital. The center is available during regular mall hours.

The Heart Check Center was installed due to the overwhelming demand for blood pressure checks at the Phoenix Firehouse store, operated by the Phoenix Fire Department. In the store's first months more than 800 blood pressure tests were being performed each month, making it difficult for the staff to provide other store services, such as distribution and education of water, fire and life safety information. The fully automated Heart Check Center can serve two people at a time and perform more than 350 tests per day. It is intended to take some of the pressure off the store personnel while continuing to meet public demand for testing.

"We are very excited about this opportunity to partner with our friends and colleagues at Phoenix Baptist Hospital and Spectrum Mall," says Captain Mark Angle, director of public affairs and public information office for the Phoenix Fire Department. "They truly care as much as we do about the health and safety of our community and share our commitment to providing public service."

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Free Heart Checks Available Take 2

The Heart Check Center is a two-sided station with a blood pressure and pulse rate monitor on each side. Audio instructions in English and Spanish provide the user with easy-to-follow directions on using the system, which features a patented forearm cuff and self-calibrating pulse and pressure sensors. A blood pressure reading takes about one minute to complete.

Community-based health service systems like the Heart Check Center are becoming more and more important in promoting heart health awareness. Although one-fourth of all adults in America — more than 50 million individuals — have high blood pressure, nearly one-third have no symptoms and are unaware that they are at risk. In addition to coronary heart disease, uncontrolled high blood pressure can lead to strokes and kidney failure.

Phoenix Baptist Hospital and Medical Center was founded 40 years ago in 1963. Today it is a 216-bed community teaching hospital located in the center of Phoenix with convenient access from all areas of the Valley. Phoenix Baptist Hospital is an acute care hospital providing complete inpatient and outpatient medical and surgical services. Phoenix Baptist Hospital is recognized for providing advanced cardiovascular care including open-heart surgery, noninvasive procedures, diagnostic and rehabilitation. The hospital also offers comprehensive orthopedic, breast health, maternity, radiology and 24-hour emergency services. To learn more about Phoenix Baptist Hospital & Medical Center, visit www.phoenixbaptisthospital.com.

Spectrum Mall is located at 15th Avenue and Bethany Home Road.