



news from

Erie County Clerk Michael P. Kearns



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**Erie County Clerk Mickey Kearns and Mercy Hospital Kick Off  
Free "Heart Healthy" Auto Bureau Health Screenings  
*Screenings will be part of American Heart Month in February***

***Our Heart Healthy Screenings at the Auto Bureaus are convenient and can put you on the road to better health!***

As part of American Heart Month in February, the Erie County Clerk's office and Mercy Hospital of Buffalo have teamed up for the third consecutive year to offer free blood pressure and stroke prevention- carotid artery screenings at auto bureaus across the county. Cardiovascular disease remains the leading cause of death in Erie County and the No. 1 cause of death in the United States. In fact, Erie County residents experience 33% more heart disease death than the average U.S. citizen. Likewise, the rate of stroke death in Erie County is higher than the national average and 60% higher than the New York State average. The goal of the "Heart Healthy" Auto Bureau Health Screenings is to go into the non-traditional setting like a busy Auto Bureau office to promote healthier lives and help prevent heart disease and stroke in our community.

"The concept of being able to receive a mini health checkup while stopping by your local auto bureau is unique, that's why I think it will be useful," said Erie County Clerk Mickey Kearns. "We received great feedback from hosting these screenings the past two years in February and October. For some, getting their blood pressure reading or carotid artery test at an Auto Bureau served as a wake-up call to follow up with their doctor. We are thrilled to partner with Mercy Hospital again to offer this service to residents."

High blood pressure is a leading risk factor for heart disease, heart attack and stroke. It is often known as the "Silent Killer" because it usually has no symptoms which is why many people do not know they have it.

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### **Auto Bureau Blood Pressure Screenings, continued page 2**

The carotid artery screening is a painless, non-invasive test that uses ultrasound technology to detect blockages in the two large blood vessels in the neck that supply blood to the brain. Blockages in these arteries account for up to 75% of strokes and can be treated.

“Our goal as one of the largest hospitals serving the Buffalo region and a partner in this *Heart Healthy Auto Bureau Blood Pressure Screening* program is to help make our community healthier by reducing the prevalence of heart disease and stroke,” said Eddie Bratko, President of Mercy Hospital. “Mercy Hospital, as with other hospitals across the country, are going beyond our traditional role of caring for the sick and beginning to focus more on keeping people healthy through collaborative efforts with other community organizations.”

The “Heart Healthy” Auto Bureau Blood Pressure Screening program kicks off Thursday, February 6<sup>th</sup> at 10 am at the Downtown Buffalo Auto Bureau at 190 Pearl Street.

### **Upcoming screenings will be held from 9 am to 1 pm at the following Auto Bureau locations:**

Thurs., February 6-	Downtown Buffalo Auto Bureau, 170 Pearl Street, Buffalo
Thurs., February 13	Sheridan Plaza Auto Bureau, 2309 Eggert Road, Tonawanda
Wed., February 19	Urbandale Plaza Auto Bureau, 2122 George Urban Boulevard, Depew
Thurs., February 20	Eastern Hills Auto Bureau, 4545 Transit Road, Williamsville
Fri., February 28	Southgate Plaza Auto Bureau, 1088 B Union Road, West Seneca, 14224

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