

FOR IMMEDIATE RELEASE

World Hypertension Day: Blood pressure screening at the pharmacy can save millions of lives

*Canadians are reminded to check their blood pressure as part of
World Hypertension Day – May 17th*

May 17, 2019 – Richmond, B.C. – Even though high blood pressure produces no symptoms, it puts millions of Canadians at risk of health problems including heart attacks, strokes, and kidney failure. Often referred to as the ‘silent killer’, hypertension is the leading risk factor for death worldwide¹. Nearly one-quarter of Canadian men (24%) and women (23%) have the condition, according to the latest stats released this year.² Fortunately, a simple blood pressure screening can prevent serious health risks and even death.

As part of World Hypertension Day, May 17th, London Drugs pharmacists are reminding Canadians to get their blood pressure checked. This small action could be lifesaving for the 7.5 million Canadians who have hypertension, or the 7.4 million more who have high blood pressure that will lead to hypertension without preventative action³.

“Diagnosis and awareness of hypertension is critical to preventing future stroke, heart attack and premature death,” says London Drugs pharmacist Gianni Del Negro. “A simple five-minute blood pressure check, easily accessible in the pharmacy, could help avoid the serious and deadly complications associated with hypertension.”

Detection of hypertension is straightforward and treatments are simple yet effective.

London Drugs pharmacies offer complimentary blood pressure screening via instore blood pressure kiosks. Pharmacists are available to discuss the results and answer any questions patients may have. They can also offer suggestions to minimize risk factors, which may include discussing changes to diet, fitness or lifestyle.

“Pharmacists are the most accessible health care providers and we can offer advice for those who have high blood pressure or who are at risk,” explains Del Negro. “The sooner people are screened, the sooner we can begin working with them, and their physician, to find ways to reduce their risk.”

New research shows that the vast majority (84%) of Canadians who have hypertension, are aware that they have the condition⁴. However, the research revealed the need for more awareness among younger Canadians; those aged 20 to 39 were much less likely to be aware of being hypertensive (65%) than those in older age groups. They were also less likely to be treated (55%) or to have their hypertension controlled (51%).

¹ [Statistics Canada, Health Reports: Blood pressure, hypertension and leading risk factors, 2019](#)

² [Statistics Canada, Health Reports: Blood pressure, hypertension and leading risk factors, 2019](#)

³ [Hypertension Canada](#)

⁴ [Statistics Canada, Health Reports: Blood pressure, hypertension and leading risk factors, 2019](#)



“The findings underline the importance of hypertension awareness and accessible blood pressure screenings to ensure Canadian adults, young and old, get their blood pressure checked,” says Del Negro.

ABOUT LONDON DRUGS

Founded in 1945, B.C.-based London Drugs has 81 stores in more than 35 major markets throughout British Columbia, Alberta, Saskatchewan and Manitoba including its online store www.LondonDrugs.com. London Drugs offers consumers a range of products from digital cameras and cosmetics to computers and televisions. Renowned for its creative approach to retailing, the company employs more than 7,500 people with pharmacy and health care services being the heart of its business. Committed to innovation and superior customer service, London Drugs has established itself as a reputable and caring company and continues to position itself for future growth and development. Please follow us! [@LondonDrugs](https://twitter.com/LondonDrugs)

Pharmacists are available for interviews regarding allergies and to provide advice for relieving seasonal allergy symptoms. To arrange an interview, please contact:

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