

Heart check kiosk available through OSF Saint Anthony's Health Center

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Know Your Numbers. Check Your Heart Health.

ALTON - February is Heart Month, and OSF Saint Anthony's Health Center is getting a January jump on the festivities by giving people in the River Bend a chance to quickly check the status of their heart health for free.

The OSF Saint Anthony's Heart Check Station is located in the Alton Square Mall, on the upper level near The Cookie Factory and Olga's Kitchen.

It's a free health screening kiosk with no appointment necessary. It screens for both blood pressure and body mass index (BMI).

High blood pressure (HBP or hypertension) occurs when the force of blood pushing against the walls of blood vessels is consistently too high. This causes the heart and blood vessels to work harder and less efficiently.

According to the American Heart Association, about 80 million Americans — one out of every three adults over age 20 — have high blood pressure, but nearly 20 percent don't know they have it. Because there are often no obvious [symptoms](#), HBP is called the silent killer.

The best way to know if you have high blood pressure is to have it checked, and the OSF Heart Check Station helps users keep tabs on their numbers.

The OSF Saint Anthony's Health Center Heart Check Station is available during Alton Square Mall hours, 9:00 AM – 6:00 PM daily.

A high blood pressure reading should be confirmed with a medical professional. If you have questions about your numbers, please call OSF Saint Anthony's Health Center Physician Group at (618) 462-2222.