

We love the women in our lives and want them to stay healthy

It's important to know your numbers and understand what they mean. By keeping your numbers within a healthy range, you can greatly improve your heart health and reduce your risk for heart disease and other serious illnesses.

These health goals are general guidelines. Contact your physician for questions regarding your specific goals.



MemorialCare[™]
Heart & Vascular Institute



Number of Symptoms

Not just chest pain, but also: chest pressure, fatigue, dizziness, weakness, shortness of breath, etc.



Blood Pressure (BP)

Less than:

130/80 mm Hg



Cholesterol

LDL cholesterol less than:

100 mg/dL



Blood Sugar (Glucose) and A1C

Fasting levels below:

100 mg/dL

A1C:

<5.4



Exercise

30 min/day

5 times a week or

150 minutes/week



Body Mass Index (BMI)

Healthy weight range is:

18.5 to **24.9**

Know Your Numbers

Please write in your numbers. If you don't know your numbers talk to your doctor, or make an appointment with OB/GYN or primary care physician to learn them.

Heart disease is the no. 1 killer of women – let's change this statistic, together.

My Symptoms: _____

Goal: List not just chest pain, but also chest pressure, fatigue, dizziness, weakness, shortness of breath, etc

My Cholesterol: _____

Goal: LDL cholesterol less than 100 mg/dL

My Blood Sugar (Glucose) and A1C:

Goal: Fasting levels below 100 mg/dL, A1C <5.4

My Weight (BMI):

Goal: Healthy weight range is 18.5 to 24.9

My Risks: _____

Goal: Apart from usual risk factors like hypertension, diabetes, cholesterol, additional risks with family history, preeclampsia, inflammatory conditions, cancer therapies, and smoking

My Blood Pressure (BP): _____

Goal: Less than 130/80 mm Hg

My Exercise Goal: _____

Goal: 30 min/day, 5 times a week or 150 minutes/week

**Heart disease is the
no. 1 killer of women.
Let's change that.**