

Know Your Numbers

Blood Pressure (BP)



My Number is:

Measures the amount of force it takes the heart to pump blood through the body.

High blood pressure increases a person's risk of heart attack, stroke and kidney disease.

BP GOALS:

- ♥ Less than 120/80 mm Hg is recommended

Cholesterol



My Number is:

Wax-like, fatty substance in the body.

Know the numbers for the "good" (HDL), the "bad" (LDL) and the triglycerides (fats).

The higher the HDL, the lower the chance of heart disease, while the more LDL and triglycerides the greater chance of heart disease.

CHOLESTEROL GOALS:

- ♥ Total cholesterol should be less than 200mg/dL
- ♥ LDL levels of less than 100 mg/dL are optimal
- ♥ HDL levels of 60 mg/dL or more are optimal
- ♥ Triglyceride levels less than 150 mg/dL are optimal

Blood Sugar (Glucose)



My Number is:

Measures amount of glucose (sugar) in the blood.

High blood sugar can signal diabetes.

BLOOD SUGAR GOALS:

- ♥ Fasting levels below 100 mg/dL are healthy
- ♥ Fasting levels between 100 mg/dL and 125 mg/dL are considered at-risk numbers for diabetes

Body Mass Index (BMI)



My Number is:

BMI indicates whether or not a person is overweight or obese.

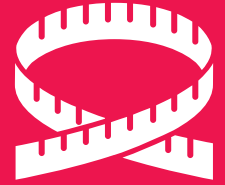
$$\begin{aligned} &\text{Weight (in pounds) /} \\ &\text{height (in inches)} \\ &\times \text{height (in inches)} \\ &\quad \times 703 \\ &= \text{BMI} \end{aligned}$$

A BMI calculator is available at MemorialCare.org/BMI.

BMI GOALS:

- ♥ 18.5 to 24.9 indicates a healthy weight
- ♥ 25 to 29.9 is overweight (excluding well-muscled individuals)
- ♥ 30+ is considered obese

Waist Circumference



My Number is:

Number of inches around unclothed abdomen, just above the hip bone, can indicate your risk for some diseases like diabetes.

WAIST CIRCUMFERENCE GOALS:

- ♥ A measurement of less than 35 inches is desirable for a woman and less than 40 inches for a man

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.

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

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