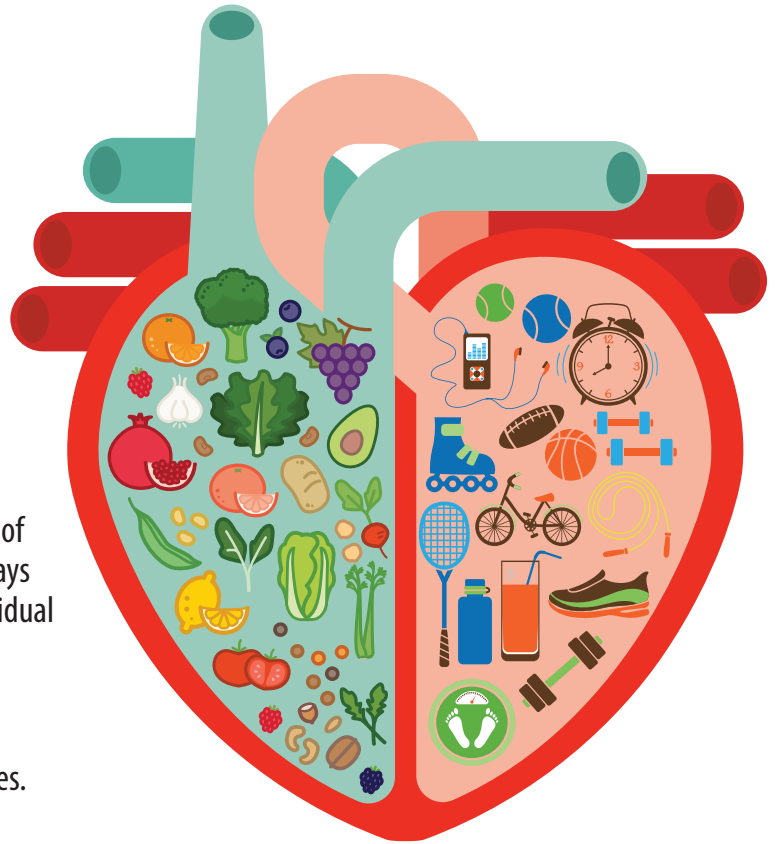


# Know Your Numbers

**CHOLESTEROL** plays important roles in the body, however too much in the bloodstream can increase the risk of heart disease. **Total cholesterol** is a measure of LDL, HDL, and 20% of the triglyceride level. It is not always an accurate indicator of heart health, knowing the individual cholesterol values gives a better picture.

- **LDL (low density lipoprotein)** cholesterol takes cholesterol from the liver and delivers it to other tissues. LDL cholesterol can cause plaque buildup thus raising the risk for heart disease and stroke.
- **HDL (high density lipoprotein)** cholesterol can remove LDL from the bloodstream by decreasing plaque buildup. Even with elevated total or LDL cholesterol, HDL may help protect from heart disease and stroke.
- **TC/HDL RATIO** is total cholesterol divided by HDL.
- **TRIGLYCERIDES** if elevated in the bloodstream, may make it difficult for HDL to remove LDL.



## What Do the Numbers Mean?

	DESIRABLE LEVEL	BORDERLINE LEVEL	HIGH-RISK LEVEL
LDL	Less than 100mg/dL Near optimal/above optimal: 100-129 mg/dL	130-159 mg/dL	High: 160-189 mg/dL Very High: 190 mg/dL
HDL	Greater than 60 mg/dL	Men: Less than 40 mg/dL Women: Less than 50 mg/dL	
Triglycerides	Less than 150 mg/dL	150-199 mg/dL	High: 200-499 mg/dL Very High: >500 mg/dL
Total Cholesterol	Optimal: <180 mg/dL Desirable: 181-200 mg/dL	200-239 mg/dL	240 mg/dL and over

**BLOOD SUGAR** is the amount of glucose in the blood. It comes from the foods we eat and is stored inside the body. Insulin is a hormone that helps move sugar from our blood into cells for energy. We usually make enough insulin to match the amount of sugar in our blood.

**DIABETES** is when the body doesn't make enough (or any) insulin, or when the body cannot use the insulin it makes. Sugar then stays in the blood and doesn't get to the cells. Insulin resistance is when the body does not respond to insulin and may occur before diabetes is diagnosed.

- Blood glucose (or blood sugar) is the amount of sugar in the blood at one point in time.
- Hemoglobin A1C (A1C) is the average blood glucose level over the past 2-3 months.

	HEALTHY	PREDIABETES	DIABETES
<b>Fasting Glucose</b>	Below 100	100-125	126 and above
<b>A1C</b>	Below 5.7%	5.7 - 6.4%	6.5% and above
<b>Non-Fasting Glucose</b>	Below 140	140-199	200 and above

**PREDIABETES** is when blood sugar levels are in between normal and diabetes.

- Most people with prediabetes develop diabetes within 10 years.
- Prediabetes raises the risk of a heart attack or stroke by 50%.

**BLOOD PRESSURE (BP)** measures the force of blood flowing through blood vessels. High blood pressure (or hypertension) is when the force is consistently too high. Nearly half of American adults have high BP and many don't know as there are usually no obvious symptoms.

**SYSTOLIC BP** (top number)

- The pressure of blood against artery walls when the heart beats.
- Over time and if left untreated, the risk of death from heart disease and stroke doubles with each increase of 20 mm Hg above normal in those 40-89 years old.

**DIASTOLIC BP** (bottom number)

- The pressure of blood against artery walls while the heart rests between beats.
- Over time and if left untreated, the risk of death from heart disease and stroke doubles with each increase of 10 mm Hg above normal in those 40-89 years old.

	NORMAL	ELEVATED	HIGH BLOOD PRESSURE (Hypertension Stage 1)	HIGH BLOOD PRESSURE (Hypertension Stage 2)	HYPERTENSIVE CRISIS (Consult Doctor Immediately)
<b>Systolic BP</b>	<120	120-129	130-139	140 or higher	Higher than 180
<b>Diastolic BP</b>	<80	<80	80-89	90 or higher	Higher than 120

## Healthy Habits

- **BE PHYSICALLY ACTIVE.** Goal is at least 150 minutes a week. Don't forget to include stretching and strength training.
- **ACHIEVE A HEALTHY WEIGHT.** If desired, aim for a gradual weight loss of no more than 2 pounds a week.
- **LIMIT ALCOHOL INTAKE AND AVOID TOBACCO USE.** No more than 1 drink per day/women, 2 drinks per day/men.
- **CHOOSE UNSATURATED AND OMEGA-3 FATS.** Try foods like nuts, flaxseeds, avocados, seafood and olive oil.
- **GET ENOUGH FIBER.** Aim for 21-38 grams daily. Beans, whole grains, fruit and veggies are all good sources.
- **REDUCE ADDED SUGARS.** Limit sugary drinks and make sweet treats an occasional occurrence.
- **WATCH SALT INTAKE.** Flavor foods with pepper, herbs, spices, lemon, lime, vinegar, garlic or onions.
- **MANAGE STRESS.** Try deep breathing, going for a walk, yoga and seek additional help if needed.
- **STRIVE FOR ADEQUATE SLEEP.** Aim for 7-8 hours of sleep a night.



SCAN ME

For additional information and resources.