

# NUMBERS YOU SHOULD TAKE TO HEART



Make it a priority to know your numbers. Knowing your body mass index, waist circumference, blood pressure, glucose and cholesterol numbers is an important part of staying healthy. During your annual physical ask your doctor about these numbers. Understanding your current health status is the first step toward taking charge of your health.

Know Your Numbers	Normal Ranges
<p><b>Body Mass Index (BMI)</b> A measure of body fat based on height and weight for adults. The more body fat you have, the higher your risk for a number of diseases. These include high blood pressure, heart disease, diabetes, stroke and even certain cancers.</p>	18.5 to 24.9
<p><b>Waist Circumference</b> Measuring your waistline helps screen for possible health risks that come with being overweight or obese. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes.</p>	<p>≤ 35 inches women ≤ 40 inches men</p>
<p><b>Blood Pressure</b> The force of blood against the artery walls. The pressure as the heart beats is the systolic pressure (top number). The point at which the heart relaxes between beats is the diastolic pressure (bottom number). High blood pressure increases your risk for heart disease, stroke and kidney disease.</p>	<p>&lt; 120 Systolic &lt; 80 Diastolic</p>
<p><b>Glucose</b> Blood glucose is a simple blood sugar, and your body's main source of energy. A blood test measuring glucose is important in the early detection and treatment of diabetes, which can damage your heart, kidney, nerves, blood vessels or eyes.</p>	<p>70 - 99 mg/dl Fasting &lt; 140 mg/dl Non-Fasting</p>
<p><b>Cholesterol</b> Keeping your cholesterol levels healthy is a great way to keep your heart healthy and lower your chances of getting heart disease or having a stroke. Your body produces two types of cholesterol:</p> <ul style="list-style-type: none"> <li>• HDL or "good cholesterol" protects against dangerous blockages in the arteries that can lead to heart disease.</li> <li>• LDL or "bad cholesterol" is more likely to clog arteries and cause heart disease.</li> <li>• Triglycerides are a type of fat that provides cells with energy to function.</li> </ul>	<p>&lt; 200 mg/dl TOTAL ≥ 60 mg/dl HDL &lt; 130 mg/dl LDL &lt;150 Triglycerides</p>

Take control of your health. If any of your readings are above the normal range you may be at risk and should talk with your doctor during your annual physical. Bring your "biometric" or "health screening" results report with you to your next doctor's appointment to discuss your results in more detail.

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