



YOUR *HEART* HEALTHY NUMBERS



Have you eaten within the past 10 hours? YES / NO

Today your waist circumference is _____ inches

What is waist circumference?

Waist circumference is the distance around your belly.

Why is it important?

Not all fat is created equal. The fat on your belly (known as abdominal or visceral fat) has been linked to an increased risk of heart disease and diabetes. Because simply stepping on the scale doesn't give you the information you need about the location of your fat, your waist circumference is an important measurement when it comes to heart health.

Optimal waist circumference measurements:

- Less than 35 inches for women
- Less than 40 inches for men

Today, your blood pressure is _____ mm/Hg

What is blood pressure?

Your blood pressure consists of 2 numbers: the top or higher number is called the systolic number (pressure in your blood vessels when your heart is beating), and the bottom or lower number is your diastolic number (pressure in your blood vessels when your heart is at rest).

Why is blood pressure important?

- ♥ Blood pressure measures the actual pressure of the blood against the walls of your arteries.
- ♥ When your blood pressure is above normal, your heart has to work harder.
- ♥ Uncontrolled, high blood pressure can lead to a number of medical conditions including heart disease, stroke and kidney disease.
- ♥ High blood pressure is a silent killer, meaning it generally has no symptoms, so the only way to know is to check your blood pressure regularly.

BLOOD PRESSURE RANGES:

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Today your lipid profile is:

- ♥ Total _____ mg/dL
- ♥ HDL _____ mg/dL
- ♥ LDL _____ mg/dL
- ♥ Triglycerides _____ mg/dL

What is cholesterol?

Cholesterol is a fatty substance found throughout our body. Because it is fatty, it can't dissolve in our blood, so special molecules are required to ferry it around. "Low-density lipoprotein" or LDL cholesterol is what's referred to as "bad" cholesterol - this is the kind that increases your risk for heart disease. "High-density lipoprotein" or HDL cholesterol is what's referred to as "good" cholesterol - this is the kind that's been associated with lower risk for heart attack and stroke. When working to improve your numbers, you want to lower LDL and raise HDL.

Why is cholesterol important?

Cholesterol plays an important role in many parts of the body, including forming essential parts of our cells and making certain hormones. But when there is too much of it, it can build up in our arteries and lead to a condition called atherosclerosis (hardening of the arteries), which increases risk for heart disease.

Cholesterol reference numbers:

Total -
Optimal: Less than 200 mg/DL

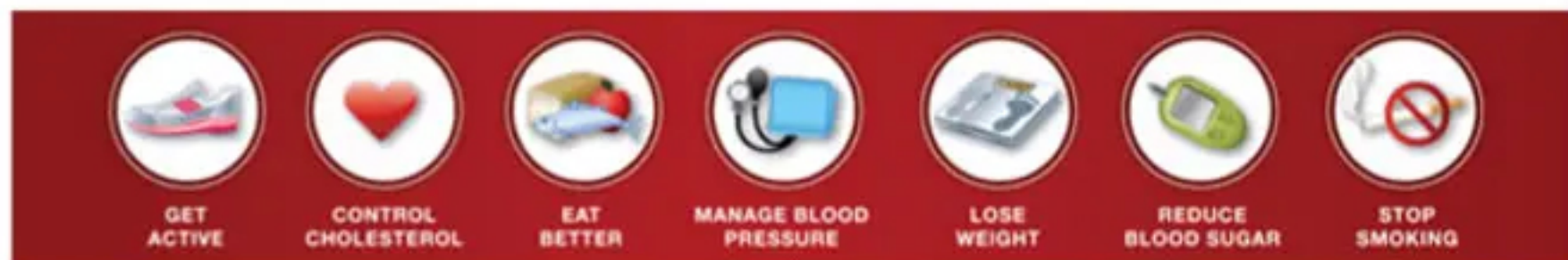
LDL -
Optimal: Less than 100 mg/dL

HDL -
Optimal: 60 mg/dL and above

Triglycerides -
Optimal: below 150 mg/dL

What can I do to improve my heart health?

Follow the American Heart Association's "Life's Simple 7". These are simple life saving tips to help you live a longer, healthier life.



If your numbers are elevated we encourage you to see your doctor to see what other steps you can take to lower your numbers to a healthy level.

Please be advised that the information on this sheet is not intended to replace or modify the medical advice of your doctor or health care provider. It must be considered as informational /educational material only and is not designed to replace a physician's independent judgment of your condition.