



# Know Your Numbers

Take charge of your health today by knowing your numbers! Numbers that are important to know and have checked regularly include your blood pressure, cholesterol, glucose levels and body mass index.

## Blood Pressure

Blood pressure is the force the blood places on the walls of the blood vessels and is created by the heart as it pumps blood throughout the body. This force can become too high causing the heart to work too hard, and can eventually lead to hardening of the arteries. There are no warning signs or symptoms for high blood pressure, so it can often go undetected.

You can prevent and help improve your high blood pressure by eating healthy, exercising regularly, controlling your salt and alcohol intake, maintaining a healthy weight and not using tobacco.

Class	Systolic	Diastolic	Follow up
Normal	<120	<80	Recheck 2 year
Pre-Hypertensive	120-139	80-89	Recheck 1 year
Hypertensive Stage 1	140-159	90-99	Confirm 2 months See your doctor within 1
Stage 2	≥160	≥100	week

## Body Mass Index

Body Mass Index (BMI) is a measurement that compares a person's height and weight. BMI equals weight in kilograms divided by height in meters squared. (BMI=kg/m<sup>2</sup>). BMI is widely used because it does not rely on frame size or gender. However, BMI is not accurate for certain populations such as extreme athletes, those with a muscular build, older persons and those who have lost muscle mass.

### Having a high BMI can put you at risk for a variety of health concerns such as:

High blood pressure, high blood cholesterol, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, arthritis, sleep apnea and breathing problems and some cancers (endometrial, breast, prostate and colon).

The only way to reduce your BMI is to reduce your weight. A key concept to keep in mind when trying to control your weight is to keep the same amount of energy in and energy out over time. If you keep those two the same your weight will stay relatively stable. If you are looking to lose weight make sure more energy is going out than is coming in.

BMI	Weight Status
18.5-24.9	Normal-maintain your current weight and avoid gaining extra pounds
25.0-29.9	Moderate risk- Weights in this range may carry a health risk. However, it is possible to have a higher BMI and still be very healthy. The guidelines recommend weight loss if you fall into this range and have one or more of the following: <ul style="list-style-type: none"> <li>• Diabetes, heart disease, or high blood pressure.</li> <li>• A family history of diabetes or heart disease.</li> <li>• Are male and have a waist circumference 40 or greater or are a female and are greater than 35.</li> </ul>
≥ 30.0	High risk- The guidelines recommend weight loss if you fall into this range.

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## Cholesterol

Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Our bodies make cholesterol and also consume it in the food we eat. Cholesterol is used to make hormones, vitamin D and substances that help you digest foods. As cholesterol increases in the arteries plaque begins to build up, restricting the flow of blood through the artery. High cholesterol has no signs or symptoms so it can easily be overlooked, and if not taken care of, can increase risks for heart disease.

HDL cholesterol is good cholesterol because it carries cholesterol from parts of the body back to the liver to be disposed from the body. High HDL levels can help lower the risk for heart disease. On the other hand, LDL and triglycerides are the bad form of cholesterol. LDL cholesterol clogs arteries with plaque buildup and increases the risk for heart disease. Triglycerides are a form of fat carried through the bloodstream. High blood triglyceride levels do not cause problems themselves, but are often associated with other factors such as low HDL or high LDL that cause problems.

To lower your cholesterol level you should consider Therapeutic Life Changes (TLC) that include a cholesterol lowering diet, physical activity, weight management, and taking prescribed medications.

Total Cholesterol Recommendations		
Value	Classification	Recommendations
<200 mg/dl	Desirable	Continue healthful eating and regular physical activity
200-239 mg/dl	Borderline High	Lower fat intake and maintain regular exercise
>240 mg/dl	High	Confirm results with your health care provider

LDL Recommendations	
Value	Classification
<100 mg/dl	Optimal
100-129 mg/dl	Near Optimal
130-159 mg/dl	Borderline High
160-189 mg/dl	High
>190 mg/dl	Very High

HDL Recommendations		
Value	Classification	Recommendations
<40 mg/dl	High Risk	Confirm results with your doctor
40-60 mg/dl	Normal	Focus on healthy eating and regular exercise
>60 mg/dl	Low Risk	Continue healthy eating and regular exercise

Triglyceride Recommendations	
Value	Classification
< 150 mg/dl	Desirable
150-199 mg/dl	Borderline
200-499 mg/dl	High
>500 mg/dl	Very High

## Glucose

Glucose is a simple sugar that is used as the main source of energy for the body. Glucose levels are measured in your bloodstream and used in testing for diabetes. High glucose (blood sugar) levels may indicate a lack of insulin in the body or the improper use of insulin (insulin resistance). Without enough insulin, glucose (sugar) from the food you eat builds up in the bloodstream, causing high blood glucose levels.

High blood glucose levels overtime can damage the nerves, kidneys, eyes, heart and other blood vessels. This damage can later lead to more serious conditions such as diabetes, heart disease or kidney disease. The best way to control your blood glucose levels is through diet and exercise.

Glucose			
Value		Classification	Recommendation
Non-Fasting	Fasting		
<140	<100	Desirable	Continue healthful eating and regular physical activity
141-199	100-125	Borderline	Consult your MD at your earliest convenience
200-239	126-199	At Risk	See your doctor within the week
>240	>200	High	See your doctor within 24 hours