

Know Your Health  Know Your Numbers

NUMBERS YOU SHOULD KNOW

YOUR RESULTS NEED TO BE

TOTAL CHOLESTEROL

Less than 190

HDL (*Good Cholesterol*)
High Density Lipoprotein

Greater than 45 for men
Greater than 55 for women

LDL (*Bad Cholesterol*)
Low Density Lipoprotein

Less than 70 (*Heart disease, diabetes, kidney or carotid disease, aneurysm*)
Less than 100 for primary prevention (*No heart disease with two or more risk factors*)

TRIGLYCERIDES

Less than 150

Ratio (*Total Cholesterol / HDL*)

Less than 4.0

BLOOD PRESSURE

<i>Category</i>	<i>Systolic (Top)</i>	<i>Diastolic (Bottom)</i>
Normal	Less than 120	Less than 80
Prehypertensive	120-139	80-89
Hypertension Stage 1	140-159	90-99
Hypertension Stage 2	Greater or equal to 160	Greater or equal to 100

 *If consistently greater than 130/80 (either number), we recommend contacting your provider*

GLUCOSE (*Fasting Blood Sugar*)

Normal	FBG (Fasting Blood Glucose)	Less than 100
Pre-Diabetes	FBG (Fasting Blood Glucose)	100-125
Diabetes	FBG (Fasting Blood Glucose)	Greater than 126

Waist Circumference

If you are Caucasian, African-American or Hispanic, we recommend the waist circumference to be half your height in inches.

CHOLESTEROL

High Cholesterol raises your risk for heart disease. Plaque can build up in arteries that lead to the heart. The narrowing or closing of these arteries can cause a heart attack. High cholesterol doesn't cause symptoms; many people don't know their cholesterol is high. High cholesterol can happen at any age and it affects both men and women.

HDL

Helps remove cholesterol from the arteries.

How to raise your HDL level:

- ♥ Quit smoking
 - ♥ Lose weight
 - ♥ Regular exercise
 - ♥ Eliminate hydrogenated fats
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LDL

Builds up on the walls of arteries.

How to lower your LDL level:

- ♥ Limit saturated fats (fat from animal sources)
 - ♥ Limit hydrogenated fats
 - ♥ Lose weight
 - ♥ Exercise
 - ♥ Change margarine to Take Control or Benecol brands
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TRIGLYCERIDES

Fats carried through the bloodstream.

How to lower your triglycerides:

- ♥ Limit sugar
 - ♥ Limit starches (pastas, bagels, white bread, crackers and goods made with white flour)
 - ♥ Lose weight
 - ♥ Regular exercise
 - ♥ Increase Omega 3 fats in diet
 - ♥ No more than 1-2 alcoholic drinks per day
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Blood Pressure

The measurement of the force applied to the walls of the arteries as the heart pumps blood through the body.

How to lower your blood pressure naturally:

- ♥ Exercise
 - ♥ Decrease sodium in diet
 - ♥ Reduce stress
 - ♥ Weight loss (*if needed*)
 - ♥ Limit alcohol to no more than 2 drinks daily
 - ♥ If you snore – discuss with your healthcare provider
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Glucose

The body's energy source.

Type II Diabetes is a chronic condition that affects the way your body metabolizes sugar (glucose) – your body's main source of fuel.

How to lower your glucose levels:

- ♥ Lose weight
 - ♥ Exercise
 - ♥ Limit sugar, limit starches (pasta, bagels, muffins, rice, potatoes, cereals, ice cream, chips, white bread, crackers and goods made with white flour)
 - ♥ Limit alcohol to no more than 2 drinks daily
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Nutrition Basics

What should you eat?

You should have lean protein and two colors (fruits and/or vegetables) at each of your meals. Yes, lean protein and two colors for breakfast, lunch, dinner and snacks. Avoid high carbohydrate/sugary snacks.
