

## Know Your Numbers

During a heart check up, your doctor takes a careful look at your "numbers," including your cholesterol and triglyceride levels, your blood pressure and more. Knowing your numbers is an important part of keeping your heart-healthy. It can help you and your doctor know your risks and mark the progress you're making toward a healthier you.

To get a quick overview of numbers you need to know and the goals you need to reach, use the following chart. If you choose, you can even post it on your refrigerator as a reminder to love your heart.

Then read on to learn the steps you can take to reduce your risk for heart disease. Once you know a few key facts about your numbers, you'll be on your way to mapping out a heart-healthy lifestyle for you and your loved ones.

| Factor                   | Goal   |                            |
|--------------------------|--|----------------------------|
| Total Cholesterol        | Less than 200 mg/dL  |                            |
| LDL ("Bad") Cholesterol  | LDL cholesterol goals vary.  |                            |
|                          | Less than 100 mg/dL  | Optimal                    |
|                          | 100 to 129 mg/dL   | Near Optimal/Above Optimal |
|                          | 130 to 159 mg/dL   | Borderline High            |
|                          | 160 to 189 mg/dL   | High                       |
|                          | 190 mg/dL and above  | Very High                  |
| HDL ("Good") Cholesterol | <b>HDL cholesterol level above<br/>40 mg/dL for Men OR 50mg/dL for Women</b>   |                            |
| Triglycerides            | <b>&lt;150 mg/dL</b>   |                            |
| Blood Pressure           | <b>&lt;120/80 mmHg</b>   |                            |
| Fasting Glucose          | <b>&lt;100 mg/dL (Fasting Plasma Glucose)</b><br><b>HbA1c (glycosylated hemoglobin) less than 7%</b>   |                            |
| Body Mass Index (BMI)    | <b>&lt;25 Kg/m<sup>2</sup></b>   |                            |
| Waist Circumference      | <b>&lt;35 inches for Women</b><br><b>&lt;40 inches for Men</b>   |                            |
| Exercise                 | <b>Minimum of 30 minutes</b> most days, if not all days of the week<br>If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes. |                            |

\* "<" means "less than"