

**KNOW YOUR NUMBERS
(AMERICAN HEART ASSOCIATION)**

KNOW YOUR NUMBERS AND WHAT TO DO WITH THEM

Biometric Screening and an annual doctors' physical provide information for you to assess your health and well-being. It is important to "KNOW YOUR NUMBERS" and what to do with that information. "KNOW YOUR NUMBERS" refers to your blood pressure, blood sugar, cholesterol and weight. Once you have that information; there is a nutrition/exercise solution and there is a medication solution. Your situation may reflect a need for one or both of those treatments. Often very healthy-looking people have issues that need attention, the real concern is that there is a correlation to those numbers and adverse effects on your health and wellness. Obviously, a little attention to improving those numbers through diet/exercise or medication can greatly reduce the risk of long term or catastrophic health effects.

1) Blood Sugar

- a. Blood sugar (glucose): should be around 100. If your fasting level is over 120 (or 150 if you have recently eaten) consult your physician.
- b. HbA1c: is an indication of how much glucose is attached to your red blood cells. Gives you an average glucose reading of the past 2 to 3 months rather than the past 8 to 10 hours.
A good HbA1c is 4 to 6 percent.

2) Cholesterol

- a. Know your total cholesterol number: ideally, it should be less than 200mg/dL
- b. HDL (considered your "good" cholesterol, the higher the number the better):
 - i. Less than 40mg/dL (higher risk of cardiovascular disease)
 - ii. 40-59mg/dL (less risk)
 - iii. 60+mg/dL (low risk)
- c. LDL (considered "bad" cholesterol)
 - i. Less than 100mg/dL (ideal)
 - ii. 130-159mg/dL (borderline high)
 - iii. 160-189mg/dL (high)
 - iv. 190+mg/dL (very high)
- d. Chol/HDL ratio:
 - i. The American Heart Association recommends a ratio of 5 or below with 3.5 as an ideal target
 - ii. Harvard Medical School info:
 1. Men at 9.6 and Women at 7 are at twice the risk of average for heart disease
 2. Men at 5 and women at 4.4 are at average risk
 3. Men at 3.4 and women at 3.3 are at half the average risk

3) Blood Pressure

- a. Can be measured with a blood pressure cuff and can easily be done at home
- b. Normal blood pressure is 120/80 (systolic/diastolic)

- c. High blood pressure would be a systolic of 140+ or a diastolic 90+
- 4) Body Weight (BMI)
- a. BMI is simply your weight in relation to your height
 - b. Weigh yourself then check out the BMI calculator at <https://www.cardiosmart.org/Tools/BMI-Calculator>
- 5) Waist Circumference
- a. A large waist circumference is associated with an increased risk of type 2 diabetes, high cholesterol, high blood pressure and cardiovascular disease
 - b. Your waist measurement should be taken by wrapping a measuring tape around your body at the top of your hip bone (usually at the level of your belly button).
 - c. Increased risk of health issues:
 - i. Men – greater than 40 inches
 - ii. Women – greater than 35 inches
 - d. For more information, check out the link at <https://www.cardiosmart.org/Healthwise/aa12/8700/aa128700>
- 6) Once you know your numbers try:
- a. The cardiac risk assessment at <https://www.cardiosmart.org/Tools/Heart-Disease-Risk-Assessment>
 - b. Also, you can use the cardiac risk factor worksheet provided by the ACSM at <https://www.acefitness.org/pdfs/ACSM-CAD-Risk-Factor-Chart.pdf>