HEART HEALTH
BE SMART AND PROTECT YOUR HEART

KNOWING YOUR NUMBERS IS AN IMPORTANT START TO PROTECTING YOUR HEART. CHOLESTEROL, BLOOD PRESSURE, AND WAIST MEASUREMENT ARE ALL KEY COMPONENTS AND CAN BE POTENTIAL RISK FACTORS.

CHOLESTEROL

Cholesterol is a waxy, essential fat-like substance made in the liver and other cells. It is found in certain foods, such as food from animals, like dairy products, eggs, and meat. The body needs some cholesterol in order to function properly but when too much is present, health problems may develop.

Cholesterol	
Total Cholesterol	
Less than 200 mg/dL	Optimal
200-239 mg/dL	Borderline
240 mg/dL	High

Good Cholesterol is known as High-Density Lipoprotein or HDL. HDL helps protect against heart disease… the higher the number, the better.

Bad Cholesterol is known as Low-Density Lipoprotein or LDL. LDL is the main cause of heart disease. It collects in the walls of the blood vessels which cause blockages to the arteries. The lower your number, the better.

Cholesterol	
HDL Cholesterol	
60 mg/dL & above	Helps protect against heart disease
Less than 40 mg/dL	Major heart disease risk factor
LDL Cholesterol	
Less than 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

A variety of factors can affect your cholesterol levels; they include… diet, weight, exercise, age and gender, diabetes, heredity, and other causes like medication.

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BLOOD PRESSURE... KEEP IT DOWN

Blood pressure is the force of blood pushing against blood vessel walls. High blood pressure or hypertension, is the most common cardiovascular disease. Your blood pressure reading is made up of two numbers, systolic (top number) and diastolic (bottom number). Constant high numbers, either on the top or bottom, put a strain on the heart and blood vessels.

Managing your blood pressure can help you achieve better health now and in the future. Smoking, stress, genetics, lack of physical activity, age, chronic kidney disease, and obesity are some causes of high blood pressure

SOME TIPS OF LOWERING YOUR BLOOD PRESSURE...

- Lower your sodium intake
- Decrease alcohol consumption
- Add regular exercise into your day

What Do Your Blood Pressure Numbers Mean		
Systolic (Top Number) In mm Hg	Diastolic (Bottom Number) In mm Hg	Classification
Less than 120	Less than 80	Normal
120-139	80-90	Pre-Hypertension
140-159	90-99	Hypertension, Stage 1
Greater than 160	Greater than 100	Hypertension, Stage 2
Greater than 180	Greater than 110	Severe Hypertension

WAIST MEASUREMENT

Waist measurement is a measure of the distance around the abdomen. It is a key indicator of excess midsection fat. A high waist measurement or a greater level of abdominal fat is associated with an increased risk for type-2 diabetes, high cholesterol, high blood pressure, and heart disease.

High Risk Waist Measurement	
Men	Over 40 inches (120 cm)
Women	Over 35 inches (88 cm)