

Know your numbers

Staying on top of your heart health is a numbers game.

High blood cholesterol, high blood pressure and high blood sugar, along with other conditions, can increase the risk of developing cardiovascular disease and other serious health complications.* When you act early to check your heart health, we're in a better position to catch any potential issues and keep you healthy for the long run.

To find a doctor, call
800.424.DOCS



Blood sugar Less than 100

Health marker: **Blood sugar**

What should my number be?

Before eating: **Less than 100**

Two hours after eating: **Less than 140**

What is it? **The amount of sugar in your blood.**



Blood Pressure Less than 120/80

Health marker: **Blood pressure**

What should my number be? **Less than 120/80**

What is it? **The force of blood against the arteries when the heart beats (top number) and rest (bottom number).**



Blood Cholesterol Less than 200

Health marker: **Blood cholesterol**

What should my number be? **Total cholesterol score less than 200**

What is it? **Too much cholesterol in the blood forms plaque that can build in the arteries, causing atherosclerosis that can lead to coronary artery disease and heart attacks.**



Body Weight BMI 18.6 – 24.9

Health marker: **Body weight**

What should my number be?

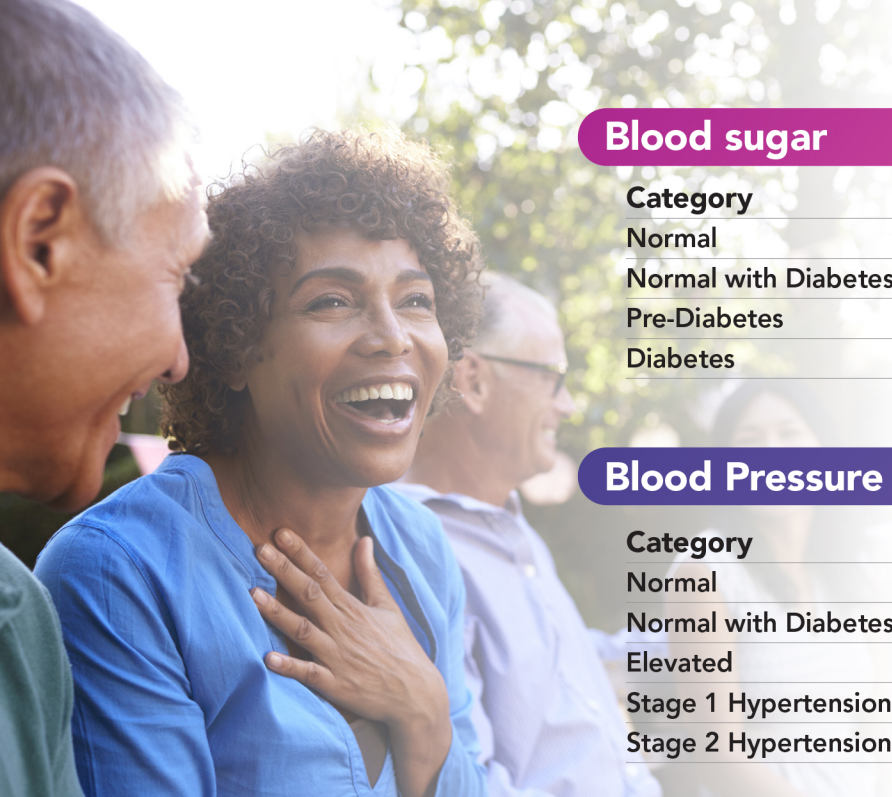
A body mass index of 18.6–24.9

What is it? **Your ideal body weight depends on your gender, age, height, and frame. BMI provides a good guideline.**

HAYWOOD
REGIONAL MEDICAL CENTER

A Duke LifePoint Hospital

MyHaywoodRegional.com



Blood sugar

Category	Fasting	Non-Fasting
Normal	70-99 mg/dl	Less than 140 mg/dl
Normal with Diabetes	80-130 mg/dl	Less than 180 mg/dl
Pre-Diabetes	100-125 mg/dl	140-199 mg/dl
Diabetes	≥ 126 mg/dl	≥ 200 mg/dl

Blood Pressure

Category	Systolic	Diastolic
Normal	Less than 120	Less than 80
Normal with Diabetes	Less than 140	Less than 90
Elevated	120-129	Less than 80
Stage 1 Hypertension	130-139	80-89
Stage 2 Hypertension	140 or higher	90 or higher

Blood Cholesterol

Blood Lipids	Desirable	Borderline	High Risk
Total Cholesterol (mg/dl)	Less than 200	200-239	240 or higher
HDL Cholesterol (mg/dl)	Greater than 40 for men Greater than 50 for women	Between 40 and 50 for women	Less than 40
LDL Cholesterol (mg/dl)	Less than 100 with heart disease Less than 130 w/out heart disease	100-159 with heart disease 130-159 w/out heart disease	160 or higher
TC/HDL Ratio	Less than 3.5	3.5-5.0	Greater than 5.0
Triglycerides (mg/dl)	Less than 150	150-199	200 or higher

Body Weight

Body Mass Index

Underweight	Normal	Overweight	Obese
Less than 18.5	18.5-24.9	25-29.9	30 or higher

Waist Circumference

Normal	Increased Risk
Women: 35 inches or less	Women: Greater than 35 inches
Men: 40 inches or less	Men: Greater than 40 inches

Body Fat Percentage

Gender	Age	Normal %	High %	Gender	Age	Normal %	High %
Female	20-39	21-32.9	33-38.9	Male	20-39	8-19.9	20-24.9
	40-59	23-33.9	34-39.9		40-59	11-21.9	22-27.9
	60-79	24-35.9	36-41.9		60-79	13-24.9	25-29.9

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