DON’T LEAVE HEART HEALTH TO CHANCE!
KNOW YOUR NUMBERS!!

The American Heart Association recommends BLOOD PRESSURE should normally be less than 120/80 mm Hg for an adult age 20 or over. Did you know that about one in three U.S. adults has high blood pressure?

A blood test performed after fasting 10-12 hours can provide you your “LIPID NUMBERS” which can increase your risk for heart disease. Here are the optimal levels for each:

- **Total Cholesterol**< 200 mg/dl
- **HDL Men** > 40 mg/dL
- **HDL Women** ≥ 50mg/dL
- **LDL** <100 mg/dL
- **Chol/HDL Ratio** <5.0 Men
- **Chol/HDL Ratio** <4.4 Women
- **Triglycerides** < 150mg/dl

Measuring WAIST CIRCUMFERENCE helps screen individuals that are at higher risk for developing heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men.