

Know Your Numbers

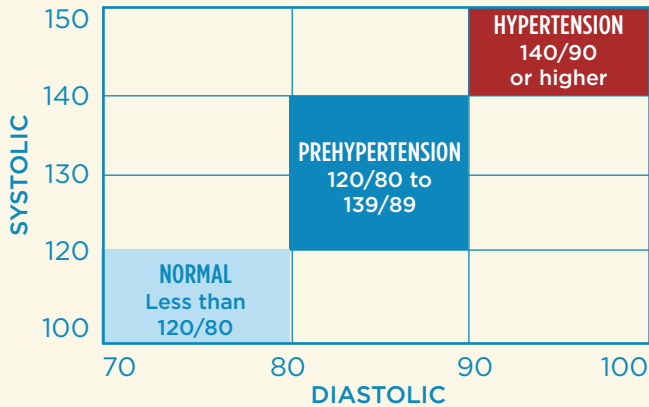


According to the **American Heart Association (AHA)**, heart disease continues to be the number-one killer in the U.S.

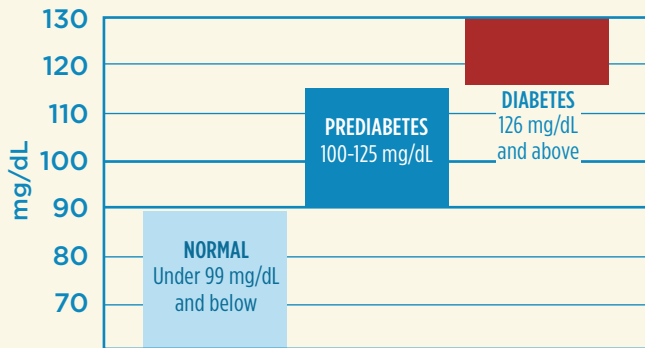
St. Mary's is dedicated to helping you reduce your risks for heart disease, so we encourage you to track your numbers to help monitor your blood pressure, cholesterol, blood glucose and body mass index (BMI). Keeping these numbers in check can lower your chances of developing heart disease.

For more information on these critical numbers, visit the AHA at www.heart.org

BLOOD PRESSURE



BLOOD GLUCOSE (fasting)



KNOW YOUR NUMBERS (Track your numbers here.)

Date	Blood Pressure	Cholesterol	
		LDL/HDL/Triglycerides	Blood Sugar

HEART-HEALTHY LIVING TIPS

Take these simple tips from the AHA to heart:



Limit your intake of cholesterol, sodium, saturated fat and trans fat.



Take a 30-minute brisk walk most days of the week.



Call 1-800-QUITNOW (1-800-784-8669).

RISK FACTORS FOR HEART DISEASE

You can control many of the risk factors for heart disease.



High blood pressure



High cholesterol



Diabetes (high blood glucose)



Smoking



overweight or obese (high BMI)



Physical inactivity

If you have questions about your specific risk factors, talk with your doctor.

BODY MASS INDEX (BMI)

Normal weight:



BMI 18.5-24.9

Overweight:



BMI 25-29.9

Obese:



BMI 30 or greater

CHOLESTEROL

Total Cholesterol

Desirable: Less than 200 mg/dL

Borderline: 200-239 mg/dL

High: 240 mg/dL and above



HDL Cholesterol

Less than 40 mg/dL is a major risk factor for heart disease.

LDL Cholesterol

Optimal: Less than 100 mg/dL

Near Optimal: 100-129 mg/dL

Borderline High: 130-159 mg/dL

High: 160-189 mg/dL

Very High: 190 mg/dL and above

To find a doctor, call 580-249-3741.



St. Mary's

REGIONAL MEDICAL CENTER

To learn more about cardiovascular services at St. Mary's, visit www.stmarysregional.com