

KNOW YOUR NUMBERS!

There are some important numbers you need to know to be a good advocate for your own health and to take responsibility for your well-being. Critical numbers you must know are: total cholesterol, HDL, LDL, triglycerides, blood glucose, blood pressure, and BMI (body mass index).

♥ **Total Cholesterol** is a fat-like substance in your blood. If there is too much cholesterol in your blood, it can build up in the walls of your arteries. Over time, this build-up narrows your arteries, reducing blood flow and the delivery of oxygen to your heart. If the blood supply to part of your heart is completely cut off by a blockage, the result is a heart attack.

Target: Less than 200 mg/dL
Borderline: 200 - 239 mg/dL
High: 240 mg/dL and above

High blood cholesterol does not cause any symptoms. This is why it's important to *know your numbers*.

♥ **HDL Cholesterol** is called "good cholesterol" because HDL helps keep cholesterol from building up in your arteries. A high HDL level is considered to be protective against heart disease.

Target: 60 mg/dL and above
Low: Less than 40 mg/dL for men
Less than 50 mg/dL for women

Low HDL levels do not cause any symptoms. This is why it's important to *know your numbers*.

♥ **LDL Cholesterol** is called "bad cholesterol" because LDL is the main source

of cholesterol buildup and blockage in your arteries.

Target: Less than 100 mg/dL
Near Target: 100 - 129 mg/dL
Borderline: 130 - 159 mg/dL
High: 160 - 189 mg/dL
Very High: 190 mg/dL and above

High LDL levels do not cause any symptoms. This is why it's important to *know your numbers*.

♥ **Triglycerides** are the most common type of fat in your body. Many people who have heart disease or diabetes have high fasting triglyceride levels. A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol can speed up the development of heart disease.

Target: Less than 150 mg/dL
Borderline: 150 - 199 mg/dL
High: 200 - 499 mg/dL
Very High: 500 mg/dL and above

High triglycerides do not cause any symptoms. This is why it's important to *know your numbers*.

♥ **Blood Glucose** is a measure of the sugar in your blood. If your blood glucose is too high, you may have diabetes. Symptoms of diabetes include frequent urination, extreme hunger or thirst, unusual weight loss, and blurry vision. Left untreated, diabetes can lead to heart disease, blindness and kidney disease.

Target: Less than 100 mg/dL
Impaired (fasting)*: 100 - 125 mg/dL

*Your health care provider may order additional blood tests.

♥ **Blood Pressure** is a measure of the amount of force it takes your heart to move blood through your body. High blood pressure or "hypertension" increases your risk of heart attack, stroke, and kidney disease.

Target: Less than 120/80
(read as 120 "over" 80)
Pre-hypertension: 120-139/80-89
High: 140/90 and above

High blood pressure may not cause any symptoms. This is why it's important to *know your numbers*.

♥ **BMI (Body Mass Index)** is a measure of your weight in relation to your height, factoring in the amount of body fat you have. People with excess body fat are at greater risk for heart disease and diabetes, among other health problems.

Target: Less than 25
Overweight: 25 - 29.9
Obese: 30 and over

Take care of yourself... Take charge of your health!

- ♥ Control your weight
- ♥ Be more physically active
- ♥ Eat a healthy diet
- ♥ Know your numbers

TRACK YOUR NUMBERS

The first step to healthy living is to be able to assess your risk. Speak with your health care provider about blood tests, blood pressure, and BMI. This information can be obtained during a routine physical examination. The next step is to determine if any of the results are in the borderline or high risk categories. If so, your health care provider can help you determine steps you can take to address any problems. Keep a written record of your results so that you can easily track changes over time. These simple steps will help you identify problems, take action and reduce your risk for chronic disease.

The first action I plan to take is:

- Make an appointment to see my Health Care Provider
- Stop smoking
- Lose 5 pounds
- Eat less fat
- Increase the amount of fruits and vegetables I eat each day
- Become more physically active

For more information, visit
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TRACK YOUR NUMBERS ♥ AIM FOR THE TARGET	BMI	<25					
	BLOOD PRESSURE	120/80					
	BLOOD GLUCOSE	<100					
	TRIGLYCERIDES	<150					
	LDL CHOLESTEROL	<100					
	HDL CHOLESTEROL	60 & OVER					
	TOTAL CHOLESTEROL	<200					
	DATE						

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BE FIT

WESTCHESTER

Take Care of Yourself....

KNOW YOUR NUMBERS

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