



# FAST FACTS

*A message for health care providers*



## February is Heart Month. Help Your Patients to Know Their Numbers.

Knowing each of your patient's numbers is an important part of keeping him/her healthy. It can help you and your patient to know his/her risks and also helps mark his/her progress toward becoming a healthier person.

Share this information with your patients and help them to **KNOW THEIR NUMBERS!**

### The 4 important numbers to know:

**1. Blood Pressure: Optimal reading = <120/80 mmHg**

- About 1 of 3 adults in the US has high blood pressure (HBP), which increases the risk for heart disease and stroke, the first and third leading causes of death in the US.
- HBP is called the "silent killer" because it often has no warning signs or symptoms, and many people don't realize they have it. That's why it's important to get your blood pressure checked regularly.
- For more information go to [www.cdc.gov/bloodpressure/index.htm](http://www.cdc.gov/bloodpressure/index.htm).



Today, your blood pressure was: Date: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

**2. Body Mass Index (BMI): Optimal BMI = < 25 Kg/m<sup>2</sup> for adults; 5<sup>th</sup> % to < 85<sup>th</sup> % for children**

- BMI is a number calculated from a person's weight and height. BMI is a fairly reliable indicator of body fatness for most people.
- For more information go to [www.cdc.gov/healthyweight/assessing/bmi/index.html](http://www.cdc.gov/healthyweight/assessing/bmi/index.html)



Today, your BMI was: Date: \_\_\_\_\_ BMI: \_\_\_\_\_

**3. Cholesterol: Optimal Total Cholesterol = < 200 mg/dL**

- Cholesterol is a waxy, fat-like substance that your body needs but when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke.
- About 1 of every 6 adult Americans has high blood cholesterol.
- For more information go to [www.cdc.gov/cholesterol](http://www.cdc.gov/cholesterol).
- Optimal Cholesterol Levels:
 

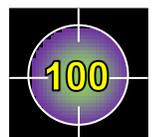
Total Cholesterol: Less than 200 mg/dL	HDL Cholesterol: Level 60 mg/dL and above
Triglyceride: Less than 150 mg/dL	LDL Cholesterol: Less than 100 mg/dL



Record your cholesterol levels here: Date of test: \_\_\_\_\_ Cholesterol: \_\_\_\_\_

**4. Fasting Glucose (Blood Sugar): Optimal Fasting Glucose = <100 mg/dL**

- This is a measure of blood glucose after you have not eaten for at least 8 hours. It is often the first test done to check for pre-diabetes and diabetes. Diabetes is a disease in which blood glucose levels are above normal.
- Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the sixth leading cause of death in the US.
- For more information about diabetes go to [www.cdc.gov/diabetes/index.htm](http://www.cdc.gov/diabetes/index.htm).



Record your fasting glucose level here: Date of test: \_\_\_\_\_ Fasting Glucose: \_\_\_\_\_