Know your numbers and stay on top of your health.

Numbers such as your weight, body mass index, blood pressure, cholesterol and blood sugar can be early warning signs for your health. Keeping track of your numbers will help you and your doctor deal with potential concerns and avoid bigger problems down the road.

The National Heart, Lung, and Blood Institute recommends these healthy numbers:

Body Mass Index (BMI)	Between 18 – 24.9
Blood Pressure	120/80 or lower
Cholesterol	200 or lower
LDL	100 or lower
Triglycerides	150 or lower
Blood Sugar	100 or lower
Maximum Waist Measurement	40 inches (men), 38 inches (women)

Let's break down the numbers!

- Body Mass Index (BMI) is a measurement comparing your height to weight. A high BMI increases your risk for developing high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke and some forms of cancer.
- Blood Pressure measures the pressure of blood within your arteries. The higher number is the pressure when the heart contracts and the lower number is the pressure between beats. High blood pressure increases your risk for heart attack, stroke or other heart damage.
- Cholesterol is a waxy substance that can build up on the walls of your blood vessels. High cholesterol can lead to atherosclerosis, coronary heart disease, heart attack, angina and stroke. Heart disease is the number one killer in our country.
- High blood sugar (hyperglycemia) over extended periods of time can lead to type 2 diabetes, kidney disease and eye disease.
- Higher waist circumference measurements have been linked to diabetes risk. Men's waists should be under 40 inches, while women's should be under 38 inches.

Knowing your numbers is one of the easiest and best things you can do for your long-term health and well-being.

Reference: National Heart, Lung, and Blood Institute.
www.nhlbi.nih.gov/contact/index.htm

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