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FOLD

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KNOW YOUR Numbers

to Prevent Heart Disease & Stroke

Physician Referral
904.202.CARE (2273)

Date	BMI	BP	GLU	TC	LDL	HDL	TRG	TC/HDL Ratio

Body Mass Index (BMI) should be between 18.5 and 24.9

Blood pressure (BP) should be less than 120/80

Glucose (GLU) fasting target = less than 100; non-fasting target = less than 200

Total cholesterol (TC) should be less than 200 mg/dL

LDL ("Bad cholesterol") should be less than 100 mg/dL if fasting

HDL ("Good cholesterol") should be 50 mg/dL or above for women and 40 mg/dL or above for men

Triglycerides (TRG) fasting target = less than 150; non-fasting target = less than 180

Total cholesterol/HDL ratio should be 4.5 or less

Heart disease and stroke are often preventable with lifestyle changes. Here are some tips for a heart-healthy life.

Use your numbers. Take the numbers from your screening to your doctor and work together on an action plan. If you need a doctor, call 904.202.CARE (2273).

Don't smoke and if you do, quit. Smoking greatly increases your risk for heart disease and stroke.

Achieve or maintain a healthy weight. Being overweight or obese can cause a number of health problems.

Exercise. You should do 30 minutes of moderate-intensity exercise most, or even all, days of the week.

Eat right. Make healthy food choices that are low in saturated fat, trans fat and cholesterol.



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