Know Your Numbers

Your numbers tell you if you are at risk for serious diseases, such as heart disease, stroke and diabetes. Working with your doctor, you can develop a plan to reduce your risk.

			Be sure to write down the date, so you can track your progress.											
Risk Factor	Typical Adult Goal	Your Goal (Ask Your Doctor)												
Blood pressure	below 120/80													
LDL (bad) cholesterol	under 130													
HDL (good) cholesterol	over 65													
Total cholesterol	under 200													
Waist size	under 33"													
Body mass index	25													
Blood glucose	under 100													
C-reactive protein (shows risk of heart disease)	under 1mg/L													