

Know Your Numbers

Your Blood Pressure: _____

Your Cholesterol: _____

Your Blood Sugar: _____

Your Hemoglobin A1C: _____

Blood Pressure*

Normal Blood Pressure:

- Systolic (upper number) Less than 120 AND
- Diastolic (lower number) Less than 80

Elevated Blood Pressure:

- Systolic (upper number) 120-129 AND
- Diastolic (lower number) Less than 80

High Blood Pressure (Hypertension) – STAGE 1:

- Systolic (upper number) 130-139 OR
- Diastolic (lower number) between 80-89

High Blood Pressure (Hypertension) – STAGE 2:

- Systolic (upper number) 140 and Higher OR
- Diastolic (lower number) 90 OR Higher

Hypertensive Crisis (consult your doctor immediately):

- Systolic (upper number) Higher than 180 AND/OR
- Diastolic (lower number) Higher than 120

Cholesterol**

Total Cholesterol:

- Less than 200 mg/dL – Desirable
- 200-239 mg/dL – Borderline High
- 240 mg/dL and above– High

LDL Cholesterol (Bad):

- Less than 70mg/dL– Optimal for patients with cardiovascular and/or atherosclerotic disease
- Less than 100 mg/dL– Optimal for patients without cardiovascular disease and/or atherosclerotic disease
- 100-129 mg/dL – Near Optimal
- 130 – 159 mg/dL – Borderline High
- 160-189 mg/dL – High
- 190 mg/dL and above – Very High

HDL Cholesterol (Good):

- 60mg/dL and higher- Considered protective against heart disease
- 40-59 mg/dL – The higher, the better
- Less than 40mg/dL – A major risk factor for heart disease

Blood Sugar

Blood Glucose Target Ranges: ***

- Before a meal: 80–130 mg/dL
- 1-2 hours after beginning of the meal: Less than 180 mg/dL

Hemoglobin A1C: ****

- 4.0 - 5.6% are normal.
- 5.7 - 6.4% are "high risk" for diabetes.
- 6.5% or greater are diagnostic for diabetes.
- Values 7% or less are a common treatment goal for Hemoglobin A1C, in previously diagnosed diabetes.

* American Heart Association: Understanding Blood Pressure Readings www.heart.org

** Cholesterol Levels: What is a cholesterol test? medlineplus.gov

***American Diabetes Association: The Big Picture: Checking Your Blood Glucose www.diabetes.org

****American Diabetes Association: Understanding A1C www.diabetes.org