

Know Your Numbers

They are the key to a healthy heart.

By Dr. Roger Ashmore, Heart Center of the Rockies

When it comes to your heart health, numbers count. Here are the standard ranges of measurements for cholesterol, blood pressure, fasting blood sugar, weight and body mass index—all of which play a role in keeping your heart in tip-top shape. Once you've been told your numbers, compare them with these charts. By knowing where your numbers are and where they should be, you'll be more prepared to meet your goals!

FASTING BLOOD SUGAR

Optimal	< 90
Normal	<110
Elevated*	110-125
High**	126 or higher
*may indicate impaired fasting glucose, a risk factor for developing diabetes	
**may indicate diabetes	
If your blood sugar is elevated you have a higher risk for heart disease.	

CHOLESTEROL

	Optimal	Normal	Borderline-High	High	Very High
Total	<200	Below 200	200 and above	240 and above	see "High" risk
LDL (bad)	<100	Below 100	100-130	130-160	160 and above
HDL (good)	60 and above	60 and above	N/A	N/A	N/A
Triglycerides	<150	<150	150-199	200-499	500 and above
Your LDL goal actually depends on how many other factors put you at risk for heart disease and stroke; your healthcare provider can tell you your LDL goal.					

BLOOD PRESSURE

Systolic, the higher number, stands for the pressure in the arteries while your heart is beating; diastolic, the lower number, stands for the pressure between heartbeats.

Optimal	<120/80
Normal	120/80 - 129/84
High-Normal	135/85 - 139/89
High (hypertension)	140/90 or higher

The American Heart Association says one-in-four Americans has high blood pressure; nearly one-third of those individuals don't even know they have it!

BODY MASS INDEX

Measured in kilograms and meters (kg/m²), body mass index, or BMI, is a measure of body fat. The mathematical formula is determined by taking your weight in kilograms and dividing it by your height in meters squared.

Underweight	<18.5
Normal	18.5-24.9
Overweight	25.0-29.9
Obese	30.0-39.9
Extremely Obese	40 or higher

To convert your weight in pounds to kilograms, multiply the pounds by 0.45; to convert your height from inches to meters, multiply the inches by 0.0254. For fast calculation go to <http://nhlbisupport.com/bmi/bmicalc.htm>.

WEIGHT

Measured in pounds (lb), the ranges listed encompass optimal weights for small, medium and large frames for adults aged 25-59 years.

Height	Women	Men	Height	Women	Men
5'1"	105-140	123-145	5'9	129-170	139-175
5'2"	108-144	125-148	5'10	132-173	141-179
5'3"	111-148	127-151	5'11	135-176	144-183
5'4"	114-152	129-155	6'0		147-187
5'5	117-156	131-159	6'1		150-192
5'6	120-160	133-163	6'2		153-197
5'7	123-164	135-167	6'3		157-202
5'8	126-167	137-171	6'4		160-207

Overweight and obesity are risk factors for many chronic health conditions including heart disease, hypertension, and diabetes.

The Preventive Cardiology Clinic at The Heart Center of the Rockies was designed to meet patient's needs in preventing and/or reversing heart disease through state-of-the-art screening tests and current risk-reduction management techniques. For more information, call (970) 221-1000.



For more information call (970) 221-1000, (800) 459-4241, or visit www.heartcenteroftherockies.com