



1 Day 'til Go Red! National Wear Red Day Friday, February 6th

**DON'T LEAVE HEART HEALTH TO CHANCE!
KNOW YOUR NUMBERS!!**

The American Heart Association recommends **BLOOD PRESSURE** should normally be less than **120/80** mm Hg for an adult age 20 or over. Did you know that about one in three U.S. adults has high blood pressure?

A blood test performed after fasting 10-12 hours can provide you your "**LIPID NUMBERS**" which can increase your risk for heart disease. Here are the optimal levels for each:

Total Cholesterol	< 200 mg/dl
HDL Men	≥ 40 mg/dL
HDL Women	≥ 50mg/dL
LDL	<100 mg/dL
Chol/HDL Ratio	<5.0 Men
Chol/HDL Ratio	<4.4 Women
Triglycerides	< 150mg/dl



BY THE NUMBERS!

Measuring **WAIST CIRCUMFERENCE** helps screen individuals that are at higher risk for developing heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than **35** inches for women or greater than **40** inches for men.



The Medical Center of Plano

HEART BYTE #4