

Top 5 Health Numbers You Need To Know





Top 5 Health Numbers

Blood Pressure

Blood pressure reflects the workload of your heart and predicts future heart disease. High blood pressure (hypertension) affects small vessels in your eyes and kidneys. High blood pressure may cause blindness or kidney failure and can lead to stroke or heart attack.

Cholesterol

Cholesterol levels indicate whether your blood has a healthy or unhealthy amount of cholesterol. There are two types: good (HDL) and bad (LDL). An elevated LDL can lead to heart disease or stroke.

Blood Sugar (Glucose)

Blood glucose numbers show the amount of sugar in your blood. Optimal readings are taken after fasting for at least 8 hours. High readings necessitate a recheck or an A1C test to determine diabetes or pre-diabetes.

Body Mass Index (BMI)

BMI measures whether you are at a healthy weight for your height. If elevated, your risk of developing diabetes, heart disease, stroke, cancer, and joint pain may be increased. [Calculate your BMI](#)

Waist Circumference

Waist circumference is an indicator of fat stored deep inside your body. A large waistline, especially when associated with diabetes, is a risk factor for heart disease.

Sources: Medscape; National Institutes of Health

STEPS FOR BETTER HEALTH

- 1 Get Your Numbers: Visit your healthcare provider to get your health numbers.
- 2 Track Progress: Write down your numbers and monitor any changes.
- 3 Take Action: Implement lifestyle changes to improve your numbers and overall health.

Commit to good health now for a healthy future.
Know your numbers and learn how to improve them.



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