

Know Your Numbers!

Heart disease is one of our nation's biggest health problems. It's the #1 killer of men and women in the United States. You can lower your chances of developing, or slow down, heart disease by managing your blood pressure and cholesterol.

Blood pressure numbers and cholesterol levels are important in heart disease. Read over the chart below. It tells you how you're doing with your blood pressure and when to take action. If you don't know your numbers, be sure to ask your doctor.



Blood Pressure Numbers

Blood Pressure Type	Systolic mm Hg (top number)	Diastolic mm Hg (bottom number)	What to Know
Normal	Less than 120	Less than 80	These numbers are considered normal. Talk with your doctor about ways to keep your numbers at a normal range.
Elevated	120 – 129	Less than 80	With elevated blood pressure, you will likely get high blood pressure unless you take steps to control it.
High Blood Pressure STAGE 1	130 - 139	80-89	At Stage 1, your doctor will likely prescribe lifestyle changes and may consider blood pressure medicine for you.
High Blood Pressure STAGE 2	140 or Higher	90 or higher	At Stage 2, your doctor will likely prescribe a combination of blood pressure medicine and lifestyle changes.
Crisis	Higher than 180	Higher than 120	Call your doctor right away!

Know About Cholesterol

Cholesterol moves through the blood on proteins called “lipoproteins.” There are two types of lipoproteins:

- **HDL (High-Density Lipoprotein)** – is called the “good cholesterol” because it absorbs cholesterol and carries it back to the liver. The liver then flushes it out of the body. High levels of HDL can lower your risk for heart disease and stroke.
- **LDL (Low-Density Lipoprotein)** – is called the “bad cholesterol.” High levels of LDL raise your risk of heart attack and stroke.

Here’s what you need to know about LDL:

- When your body has too much LDL, it can build up on the walls of your blood vessels. This buildup is called plaque.
- If plaque builds up, it can narrow the insides of your blood vessels.
- This narrowing is bad because it blocks blood flow to and from your heart and other organs.
- When blood flow to your heart is blocked, it can cause a heart attack or stroke.

Tips to Control Blood Pressure and Cholesterol

- See your doctor for routine checkups and blood tests.
- Know your numbers!
- Take your medicine daily, as prescribed.
- Eat healthy foods such as fruits, vegetables, whole grains, and lean meats.
- Avoid foods high in saturated fat, trans fat, cholesterol, and sodium (salt).
- Avoid fried foods, fast foods, fatty meats, and whole-milk dairy products.
- Exercise for at least 150 minutes each week, or as agreed upon with your primary care provider (PCP).
- Lose weight, if needed.
- Do not smoke or use nicotine products, like vaping or chewing tobacco.



For more information please call us at 1-800-578-0603 (TTY: 711).