



Your Health and Wellness

Keeping Your Heart Healthy

September 2014

Calculating Your Health

Get tested for these important health indicators

Cholesterol and blood pressure are two risk factors that can lead to heart disease if left uncontrolled. Monitoring your levels regularly can help you stay healthy and avoid the need for medication.

What Your Numbers Are Saying

Making sense of your health numbers

Blood Pressure: Blood pressure is measured in two numbers. Systolic Blood Pressure is the top number in a blood pressure reading, and also the higher of the two numbers. This is a measure of the pressure in your arteries when the heart contracts (beats). Diastolic Blood Pressure is the bottom number and measures the pressure between heartbeats.

Low Risk	119 or less / 79 or less
Moderate Risk	120–139 / 80–89
High Risk	140–159 / 90–99

Cholesterol: Your cholesterol is measured in milligrams per deciliter of blood. There is a healthy amount of cholesterol needed for your body to function properly, but too much can lead to health problems such as a heart attack or stroke.

Desirable	< 200 mg/dL
Borderline High	200–239 mg/dL
High	> 240 mg/dL



Did you know?

The American Heart Association recommends limiting your cholesterol intake to no more than 300 mg/day.

Globally, nearly 1 billion people have high blood pressure.



Fill Up on Fiber

Fiber can help lower your cholesterol, and keep it low. Add one or more of these rich foods to your diet to help keep your cholesterol in check.

- Oatmeal
- Whole grain breads and cereal
- Raspberries
- Bananas
- Nuts
- Brown rice
- Artichokes
- Green peas

