



Know Your Numbers

life  beats

Take Ownership of Your Health Know Your Numbers!

We live our lives by knowing important numbers...



But do you know your HEALTH numbers?

Blood Pressure

Cholesterol

Glucose

BMI

What is Blood Pressure?

- Blood pressure is the measurement of force applied to artery walls.
- Uncontrollable factors that can affect it are:
 - Family History, Age, Gender, Race
- Blood pressure can also be affected by:
 - Body Weight, Smoking, Exercise Levels, Stress
- Blood Pressure is Measured in Two Numbers:
 - Systolic Pressure (the higher or top number)
 - Diastolic Pressure (the lower or bottom number)



Goal: Below 120/80 mm Hg

What is High Blood Pressure? What are the Consequences?

- High blood pressure is when the force of the blood against the artery walls is too great.
- High blood pressure occurs when blood vessels become narrow or rigid, forcing the heart to pump harder to push blood through the body.
- When blood pressure remains high, it puts an unnecessary strain on the heart and blood vessels and can lead to:
 - Stroke
 - Blood Vessel Damage
 - Heart Attack
 - Heart Failure
 - Kidney Failure



How Can You Maintain a Healthy Blood Pressure?

To lower or maintain a healthy blood pressure:

- Eat a Nutritious, Low Calorie Diet
- Maintain an Ideal Weight
- Exercise Regularly
- Reduce Stress Levels
- Stop Smoking
- Follow Your Doctor's Advice; Take Your Prescribed Medications



What is Cholesterol?

- Cholesterol is the fatty substance (lipids) that is an important part of the outer lining (membrane) of cells in the body.
- Cholesterol is also found in the circulating blood and originates from two major sources:
 - Dietary intake
 - Liver production
- Persistent high Cholesterol can lead to fatty deposits in your blood vessels which harden, increasing the risk of heart attack or stroke.



High Cholesterol – Risk Factors and Control

Risk Factors for High Cholesterol Include:

- Smoking, Obesity, Poor Diet, Lack of Exercise, High Blood Pressure, Diabetes, Family History of Heart Disease

To Control High Cholesterol:

- Eat a Nutritious, Low Calorie Diet
- Exercise Regularly
- Maintain an Ideal Weight
- Follow Your Doctor's Advice; Take Your Prescribed Medications

Cholesterol is measured with a blood test. Make these your goals:

- **Total Cholesterol Less than 200 mg/dl**
- **LDL (bad cholesterol) < 130 mg/dl**
- **HDL (good cholesterol) > 40 mg/dl**

Glucose Level – What Does it Mean?

High levels of blood glucose can indicate diabetes.

- Diabetes is a progressive disease in which your body doesn't make enough insulin/doesn't respond properly to it.

The consequences of uncontrolled diabetes are:

- Heart Disease and Stroke
- Blindness in Adults
- End Stage Renal Disease Requiring Dialysis

Glucose is measured with a blood test.

Goal: Fasting glucose < 100 mg/dl

Managing Your Glucose Levels

To lower or maintain a healthy glucose number:

- Eat a Well Balanced, Diabetes-Friendly Diet
- Maintain an Ideal Weight
- Exercise Regularly
- Follow Your Doctor's Advice; Take Your Prescribed Medications



Body Mass Index (BMI)

- As you have seen in this presentation, maintaining a healthy weight is important. Knowing your BMI can help you determine if you are doing that.
- BMI is an index for assessing overweight and underweight, obtained by dividing body weight in kilograms by height in meters squared.
 - [Click here](#) for a tool to help you calculate your BMI.
- Some tips to help you maintain a healthy BMI are:
 - Get Moving
 - Eat a Healthy, Balanced Diet
 - Set Realistic Goals
 - Consult Your Doctor before beginning any fitness plan.
- **Goal: BMI 18.5 – 24.9**

Why Should You Know Your Numbers?

Everyone can find a good reason to know their numbers.

What is your reason?



Schedule your Wellness Exam Today!

- Schedule routine wellness exams so you can discuss your numbers with your doctor and actively manage your health.

Check Signals pre-task analysis



WHAT COULD GO WRONG?

WHAT PRECAUTIONS SHOULD I TAKE?

CAN I DO THE JOB SAFELY?

Focus - Start to Finish

- Presentation provided by TakeCare Health Systems