Know Your Numbers
了解自身的数据

life beats

Take Ownership of Your Health; Know Your Numbers!
自己的健康自己负责了解自己的数据！

We live our lives by knowing important numbers…

通过了解重要的数字了解我们的生活

But do you know your HEALTH numbers?

当时你知道自己有关健康的一些数据吗？

Blood Pressure

血压值

Cholesterol

胆固醇

Glucose

葡萄糖

BMI

体重指数

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What is Blood Pressure?
什么是血压？

- Blood pressure is the measurement of force applied to artery walls. 血压是原来表征施加到动脉壁上的力

- Uncontrollable factors that can affect it are:

- 可以影响它的不可控因素有：
  - Family History, Age, Gender, Race
  - 家族病史，年龄，性别，种族

- Blood pressure can also be affected by: 血压也受：
  - Body Weight, Smoking, Exercise Levels, Stress
  - 体重，吸烟，运动水平，压力 影响

- Blood Pressure is Measured in Two Numbers:
  - Systolic Pressure (the higher or top number)
  - Diastolic Pressure (the lower or bottom number
  - 测量血压的两个数字：
    收缩压（较高或最高数目）
    舒张压（下部或底部数）
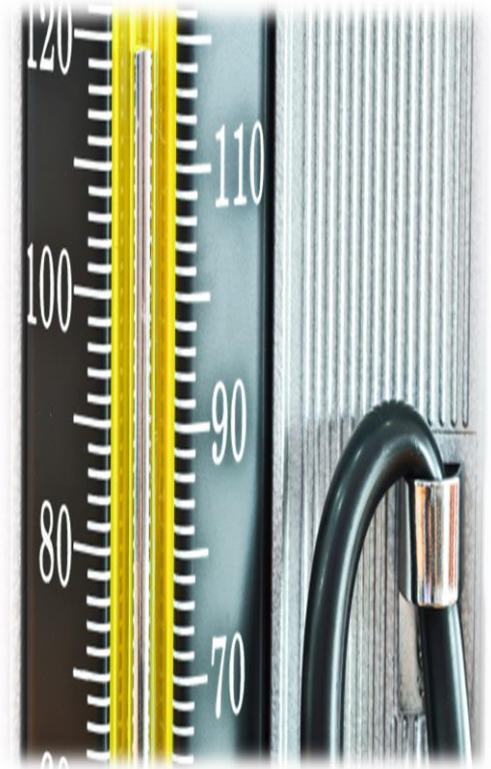
Goal: Below 120/80 mm Hg   目标：低于120/80毫米汞柱

What is High Blood Pressure?什么是高血压？
What are the Consequences? 有什么后果？

- High blood pressure is when the force of the blood against the artery walls is too great.高血压是对动脉壁的血液的压力量过大

- High blood pressure occurs when blood vessels become narrow or rigid, forcing the heart to pump harder to push blood through the body.当血管变狭窄的或变硬后，从而迫使心脏更难推动血液通过身体产生高血压。

- When blood pressure remains high, it puts an unnecessary strain on the heart and blood vessels and can lead to:

- 当血压一直高，心脏和血管就有了额外的压力，并可能导致：
  - Stroke中风
  - Blood Vessel Damage血管损伤
  - Heart Attack 心脏病
  - Heart Failure心脏衰竭
  - Kidney Failure肾功能衰竭

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How Can You Maintain a Healthy Blood Pressure?
你怎么能保持健康的血压？

To lower or maintain a healthy blood pressure:

为了降低或维持健康血压：

- Eat a Nutritious, Low Calorie Diet 吃营养丰富，低热量饮食

- Maintain an Ideal Weight 保持理想体重

- Exercise Regularly 经常运动

- Reduce Stress Levels 降低压力水平

- Stop Smoking 戒烟

- Follow Your Doctor's Advice; Take Your Prescribed Medications 按照医生的建议服用的处方药

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What is Cholesterol?
什么是胆固醇？

- Cholesterol is the fatty substance (lipids) that is an important part of the outer lining (membrane) of cells in the body.胆固醇是脂肪物质（脂质），该细胞在体内的外衬层（膜）的重要组成部分。

- Cholesterol is also found in the circulating blood and originates from two major sources: 在循环的血液中也发现胆固醇，两个主要来源源自：

  - Dietary intake膳食摄入

  - Liver production肝脏产出

  - Persistent high Cholesterol can lead to fatty deposits in your blood vessels which harden, increasing the risk of heart attack or stroke.

  - 持续的高胆固醇会导致脂肪沉积并硬化血管，增加心脏病发作或中风的风险。

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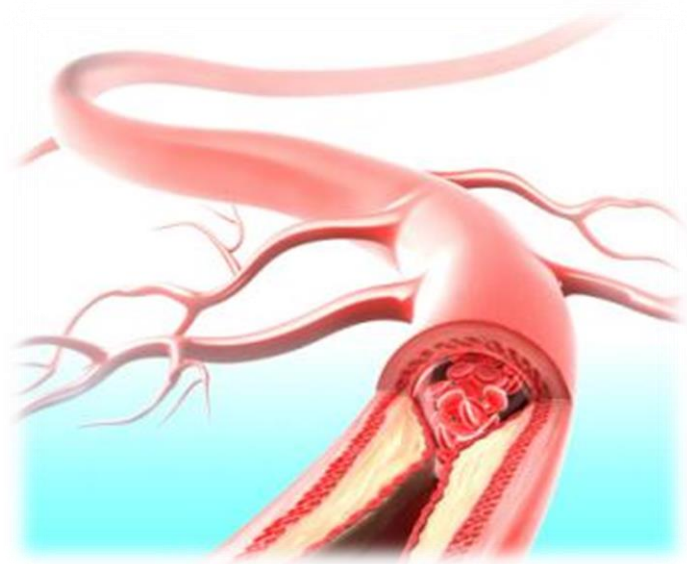
High Cholesterol – Risk Factors and Control
高胆固醇 - 风险因素及控制

Risk Factors for High Cholesterol Include:高血脂的危险因素包括：

- Smoking, Obesity, Poor Diet, Lack of Exercise, High Blood Pressure, Diabetes, Family History of Heart Disease 吸烟，肥胖，不良的饮食习惯，缺乏运动，高血压，糖尿病，心脏病家族史

To Control High Cholesterol: 要控制高胆固醇：

- Eat a Nutritious, Low Calorie Diet 吃营养丰富，低热量饮食
- Exercise Regularly 经常运动
- Maintain an Ideal Weight 保持理想体重
- Follow Your Doctor's Advice; Take Your Prescribed Medications 按照医生的建议;服用处方药

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**

胆固醇是测量用血液进行测试。让这些成为自己的目标：

- **总胆固醇低于200毫克/升**
- **低密度脂蛋白（坏胆固醇）<130毫克/升**
- **高密度脂蛋白（好胆固醇）>40毫克/升**

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Glucose Level – What Does it Mean?
血糖水平 – 意味着什么？

High levels of blood glucose can indicate diabetes.高水平的血糖值指示糖尿病。

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

- 糖尿病是一种进展性疾病中，你的身体不能制造足够的胰岛素/不能正常作出反应。

The consequences of uncontrolled diabetes are:

未控制的糖尿病的后果是：

- Heart Disease and Stroke心脏疾病和中风

- Blindness in Adults成人失明

- End Stage Renal Disease Requiring Dialysis终末期肾病需要透析

Glucose is measured with a blood test.

葡萄糖是测量一个验血得出结果

Goal: Fasting glucose < 100 mg/dl

目标：空腹血糖<100毫克/分升

Managing Your Glucose Levels
管理您的血糖水平

To lower or maintain a healthy glucose number: 为了降低或保持健康的血糖数：

- Eat a Well Balanced, Diabetes-Friendly Diet 吃得均衡，吃对糖尿病友好的饮食

- Maintain an Ideal Weight 保持理想体重

- Exercise Regularly 经常运动

- Follow Your Doctor's Advice; Take Your Prescribed Medications 按照医生的建议;服用处方药

Body Mass Index (BMI)
身体重量指数（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. 正如你所看到的这个PPT，保持健康的体重是很重要的。了解你的体重指数能帮助你决定是否要做正在做的事。

- BMI is an index for assessing overweight and underweight, obtained by dividing body weight in kilograms by height in meters squared. 体重BMI指数是一个指标来评估肥胖或体重不足，知道自己的体重（空格）和身高的平方（SQM）点击这里进行了工具来帮助你计算你的BMI。

  - [Click here](#) for a tool to help you calculate your BMI. 点击这里进行了工具来帮助你计算你的BMI。

- Some tips to help you maintain a healthy BMI are: 一些提示，帮助你保持健康的体重是：

  - Get Moving 动起来

  - Eat a Healthy, Balanced Diet 吃健康，均衡的饮食

  - Set Realistic Goals 设定现实的目标

  - Consult Your Doctor before beginning any fitness plan. 在开始任何健身计划前咨询你的医生。

• **Goal: BMI 18.5 – 24.9**目标：体重指数18.5 - 24.9

Why Should You Know Your Numbers?
为什么你应该知道你的数据？

Everyone can find a good reason to know their numbers.

What is your reason?

每个人都可以找到一个很好的理由去知道他们的数据。

你是什么原因呢？

Schedule your Wellness Exam Today!

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

- 安排日常健康检查，你可以与医生讨论你的数据并积极管理好自己的健康。

- Presentation provided by TakeCare Health Systems