



# Know Your Numbers

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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?

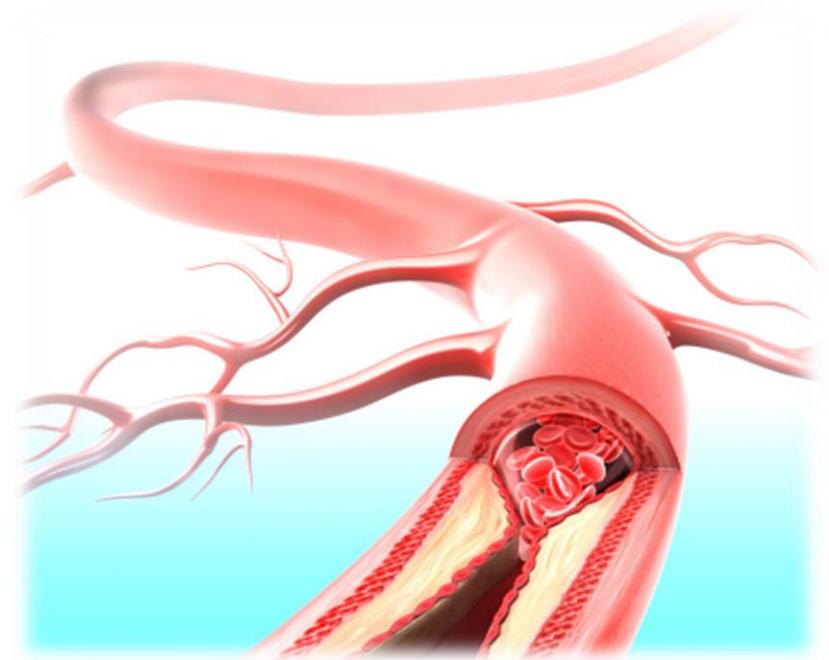
To lower or maintain a healthy blood pressure:

- 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

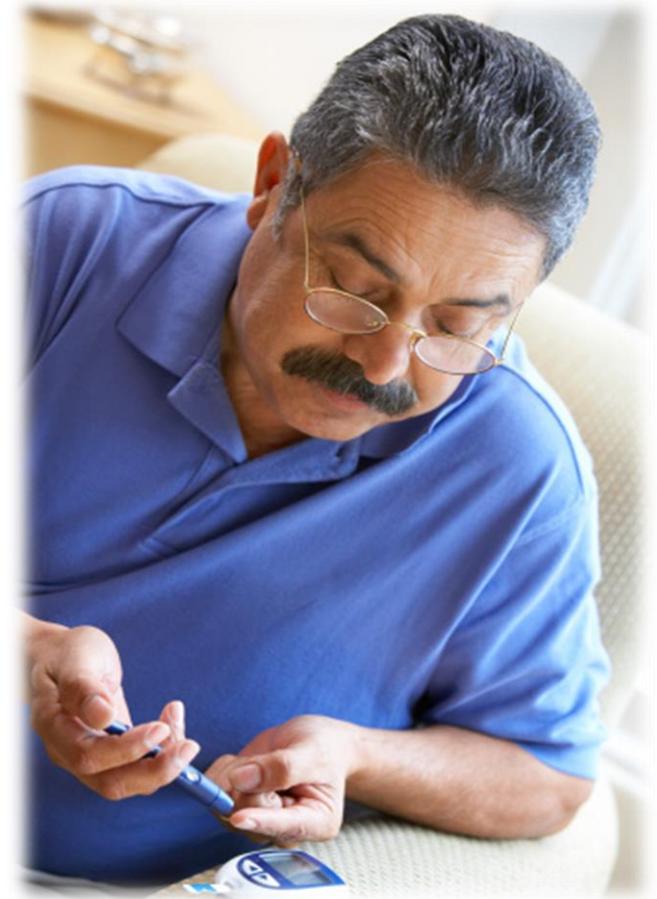
Glucose is measured with a blood test.

**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