

# Know Your Numbers

*They are the key to a healthy heart.*

By Dr. Roger Ashmore, Heart Center of the Rockies

When it comes to your heart health, numbers count. Here are the standard ranges of measurements for cholesterol, blood pressure, fasting blood sugar, weight and body mass index—all of which play a role in keeping your heart in tip-top shape. Once you've been told your numbers, compare them with these charts. By knowing where your numbers are and where they should be, you'll be more prepared to meet your goals!

## FASTING BLOOD SUGAR

|                                                                               |               |
|-------------------------------------------------------------------------------|---------------|
| Optimal                                                                       | < 90          |
| Normal                                                                        | <100          |
| Elevated*                                                                     | 100-125       |
| High**                                                                        | 126 or higher |
| *may indicate impaired fasting glucose, a risk factor for developing diabetes |               |
| **may indicate diabetes                                                       |               |
| If your blood sugar is elevated you have a higher risk for heart disease.     |               |

## CHOLESTEROL

|                                                                                                                                                             | Optimal | Borderline-High Risk | High Risk     | Very High Risk  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------------------|---------------|-----------------|
| Total                                                                                                                                                       | <200    | 200 and above        | 240 and above | see "High Risk" |
| LDL (bad)                                                                                                                                                   | <100    | 100-129              | 130-159       | 160 and above   |
| HDL (good)                                                                                                                                                  | ≥60     | 51-59                | 41-50         | ≤40             |
| Triglycerides                                                                                                                                               | ≤150    | 151-199              | 200-499       | 500 and above   |
| Your LDL goal actually depends on how many other factors put you at risk for heart disease and stroke; your healthcare provider can tell you your LDL goal. |         |                      |               |                 |

## BLOOD PRESSURE

|                                                                                                                                                                            |                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Systolic, the higher number, stands for the pressure in the arteries while your heart is beating; diastolic, the lower number, stands for the pressure between heartbeats. |                  |
| Optimal                                                                                                                                                                    | <120/80          |
| Borderline High                                                                                                                                                            | 135/85 - 139/89  |
| High (hypertension)                                                                                                                                                        | 140/90 or higher |
| The American Heart Association says one-in-four Americans has high blood pressure; nearly one-third of those individuals don't even know they have it!                     |                  |

# BODY MASS INDEX TABLE

| BMI                    | NORMAL                      |     |     |     |     | OVERWEIGHT |     |     |     |     | OBESSE |     |     |     |     | EXTREME OBESITY |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|------------------------|-----------------------------|-----|-----|-----|-----|------------|-----|-----|-----|-----|--------|-----|-----|-----|-----|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|                        | 19                          | 20  | 21  | 22  | 23  | 24         | 25  | 26  | 27  | 28  | 29     | 30  | 31  | 32  | 33  | 34              | 35  | 36  | 37  | 38  | 39  | 40  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
| <b>Height (Inches)</b> | <b>BODY WEIGHT (pounds)</b> |     |     |     |     |            |     |     |     |     |        |     |     |     |     |                 |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 58                     | 91                          | 96  | 100 | 105 | 110 | 115        | 119 | 124 | 129 | 134 | 138    | 143 | 148 | 153 | 158 | 162             | 167 | 172 | 177 | 181 | 186 | 191 | 196 | 201 | 205 | 210 | 215 | 220 | 224 | 229 | 234 | 239 | 244 | 248 | 253 | 258 |
| 59                     | 94                          | 99  | 104 | 109 | 114 | 119        | 124 | 128 | 133 | 138 | 143    | 148 | 153 | 158 | 163 | 168             | 173 | 178 | 183 | 188 | 193 | 198 | 203 | 208 | 212 | 217 | 222 | 227 | 232 | 237 | 242 | 247 | 252 | 257 | 262 | 267 |
| 60                     | 97                          | 102 | 107 | 112 | 118 | 123        | 128 | 133 | 138 | 143 | 148    | 153 | 158 | 163 | 168 | 174             | 179 | 184 | 189 | 194 | 199 | 204 | 209 | 215 | 220 | 225 | 230 | 235 | 240 | 245 | 250 | 255 | 261 | 266 | 271 | 276 |
| 61                     | 100                         | 106 | 111 | 116 | 122 | 127        | 132 | 137 | 143 | 148 | 153    | 158 | 164 | 169 | 174 | 180             | 185 | 190 | 195 | 201 | 206 | 211 | 217 | 222 | 227 | 232 | 238 | 243 | 248 | 254 | 259 | 264 | 269 | 275 | 280 | 285 |
| 62                     | 104                         | 109 | 115 | 120 | 126 | 131        | 136 | 142 | 147 | 153 | 158    | 164 | 169 | 175 | 180 | 186             | 191 | 196 | 202 | 207 | 213 | 218 | 224 | 229 | 235 | 240 | 246 | 251 | 256 | 262 | 267 | 273 | 278 | 284 | 289 | 295 |
| 63                     | 107                         | 113 | 118 | 124 | 130 | 135        | 141 | 146 | 152 | 158 | 163    | 169 | 175 | 180 | 186 | 191             | 197 | 203 | 208 | 214 | 220 | 225 | 231 | 237 | 242 | 248 | 254 | 259 | 265 | 270 | 278 | 282 | 287 | 293 | 299 | 304 |
| 64                     | 110                         | 116 | 122 | 128 | 134 | 140        | 145 | 151 | 157 | 163 | 169    | 174 | 180 | 186 | 192 | 197             | 204 | 209 | 215 | 221 | 227 | 232 | 238 | 244 | 250 | 256 | 262 | 267 | 273 | 279 | 285 | 291 | 296 | 302 | 308 | 314 |
| 65                     | 114                         | 120 | 126 | 132 | 138 | 144        | 150 | 156 | 162 | 168 | 174    | 180 | 186 | 192 | 198 | 204             | 210 | 216 | 222 | 228 | 234 | 240 | 246 | 252 | 258 | 264 | 270 | 276 | 282 | 288 | 294 | 300 | 306 | 312 | 318 | 324 |
| 66                     | 118                         | 124 | 130 | 136 | 142 | 148        | 155 | 161 | 167 | 173 | 179    | 186 | 192 | 198 | 204 | 210             | 216 | 223 | 229 | 235 | 241 | 247 | 253 | 260 | 266 | 272 | 278 | 284 | 291 | 297 | 303 | 309 | 315 | 322 | 328 | 334 |
| 67                     | 121                         | 127 | 134 | 140 | 146 | 153        | 159 | 166 | 172 | 178 | 185    | 191 | 198 | 204 | 211 | 217             | 223 | 230 | 236 | 242 | 249 | 255 | 261 | 268 | 274 | 280 | 287 | 293 | 299 | 306 | 312 | 319 | 325 | 331 | 338 | 344 |
| 68                     | 125                         | 131 | 138 | 144 | 151 | 158        | 164 | 171 | 177 | 184 | 190    | 197 | 203 | 210 | 216 | 223             | 230 | 236 | 243 | 250 | 256 | 262 | 269 | 276 | 282 | 289 | 295 | 302 | 308 | 315 | 322 | 328 | 335 | 341 | 348 | 354 |
| 69                     | 128                         | 135 | 142 | 149 | 155 | 162        | 169 | 176 | 182 | 189 | 196    | 203 | 209 | 216 | 223 | 230             | 236 | 243 | 250 | 257 | 263 | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 324 | 331 | 338 | 345 | 351 | 358 | 365 |
| 70                     | 132                         | 139 | 146 | 153 | 160 | 167        | 174 | 181 | 188 | 195 | 202    | 209 | 216 | 222 | 229 | 236             | 243 | 250 | 257 | 264 | 271 | 278 | 285 | 292 | 299 | 306 | 313 | 320 | 327 | 334 | 341 | 348 | 355 | 362 | 369 | 376 |
| 71                     | 136                         | 143 | 150 | 157 | 165 | 172        | 179 | 186 | 193 | 200 | 208    | 215 | 222 | 229 | 236 | 243             | 250 | 257 | 265 | 272 | 279 | 286 | 293 | 301 | 308 | 315 | 322 | 329 | 338 | 343 | 351 | 358 | 365 | 372 | 379 | 386 |
| 72                     | 140                         | 147 | 154 | 162 | 169 | 177        | 184 | 191 | 199 | 206 | 213    | 221 | 228 | 235 | 242 | 250             | 258 | 265 | 272 | 279 | 287 | 294 | 302 | 309 | 316 | 324 | 331 | 338 | 346 | 353 | 361 | 368 | 375 | 383 | 390 | 397 |
| 73                     | 144                         | 151 | 159 | 166 | 174 | 182        | 189 | 197 | 204 | 212 | 219    | 227 | 235 | 242 | 250 | 257             | 265 | 272 | 280 | 288 | 295 | 302 | 310 | 318 | 325 | 333 | 340 | 348 | 355 | 363 | 371 | 378 | 386 | 393 | 401 | 408 |
| 74                     | 148                         | 155 | 163 | 171 | 179 | 186        | 194 | 202 | 210 | 218 | 225    | 233 | 241 | 249 | 256 | 264             | 272 | 280 | 287 | 295 | 303 | 311 | 319 | 326 | 334 | 342 | 350 | 358 | 365 | 373 | 381 | 389 | 396 | 404 | 412 | 420 |
| 75                     | 152                         | 160 | 168 | 176 | 184 | 192        | 200 | 208 | 216 | 224 | 232    | 240 | 248 | 256 | 264 | 272             | 279 | 287 | 295 | 303 | 311 | 319 | 327 | 335 | 343 | 351 | 359 | 367 | 375 | 383 | 391 | 399 | 407 | 415 | 423 | 431 |
| 76                     | 156                         | 164 | 172 | 180 | 189 | 197        | 205 | 213 | 221 | 230 | 238    | 246 | 254 | 263 | 271 | 279             | 287 | 295 | 304 | 312 | 320 | 328 | 336 | 344 | 353 | 361 | 369 | 377 | 385 | 394 | 402 | 410 | 418 | 426 | 435 | 443 |

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.* ([www.nhlbi.nih.gov/guidelines/obesity](http://www.nhlbi.nih.gov/guidelines/obesity))

The Preventive Cardiology Clinic at Heart Center of the Rockies was designed to meet patient's needs in preventing and/or reversing heart disease through state-of-the-art screening tests and current risk-reduction management techniques. For more information, call (970) 221-1000.



