



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!	

