Knowing your numbers is an important part of keeping your heart healthy. Your numbers can help you and your doctor determine risks and mark your progress toward a healthier heart.

Our hearts hold wonder, love, and life. A healthy heart is vital to each one of us! Join the Cedars-Sinai Barbra Streisand Women’s Heart Center’s quest for new discoveries that healing hearts and keep them healthy. To learn more about our pioneering research, education, and training, call us at 323.866.6240 or visit streisandwomensheartcenter.org.

Know your numbers: an important part of keeping your heart healthy.

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For Exercise:

- 30 minutes a day

For Waist:

- 24.5" is optimal
- 30-34.5" is borderline
- 35-40" is high
- Over 40" is very high

For Body Mass Index (BMI):

- Under 18.5 is low
- 18.5-24.9 is normal
- 25-29.9 is overweight
- 30-39.9 is obese
- Over 40" is morbidly obese

For Blood Pressure:

- Less than 120/80 is normal

For Fasting Glucose:

- Less than 100 is normal

For Total Cholesterol:

- Less than 200 is normal

For Low-Density Lipoprotein (LDL) Cholesterol:

- Normal is less than 100
- Borderline is 100-129
- Near optimal is 130-159
- High is 160-189
- Very high is over 190

For High-Density Lipoprotein (HDL) Cholesterol:

- Female: Less than 50 is low
- Male: Less than 40 is low

For Triglycerides:

- Less than 150 is normal

Today’s Date: 5/3/2013

Source: National Heart, Lung, and Blood Institute (NHLBI)

Know Your Numbers Pocket Reference Card

1. Cut along solid blue lines
2. Fold on dashed lines in sequential order.
3. Keep as a reference for a healthy heart!