



**Methodist**  
HOSPITAL | METROPOLITAN

# Know Your NUMBERS

## RECORDER

Blood Glucose

Blood Pressure

Cholesterol

Weight

BMI

Waist Measurement

POCKET PAL

## WHAT YOUR NUMBERS TELL YOU

Doctors use results from the screenings below to help them assess the quality of your health. High numbers can indicate that you are at risk for developing heart disease, stroke, diabetes, and several forms of cancer. This guide can help you track your numbers. Have tests and screenings on time.

- **BLOOD GLUCOSE** – Age 18-44: Initial test if you are overweight with other risk factors. Age 45 & over: Initial test. *If test results are normal, retest every three years or more often depending on risk factors (speak with your doctor). If test results indicate prediabetes, retest annually.*
- **BLOOD PRESSURE** – Age 20 & over: At least once every two years; more frequently as directed by your doctor if over 120/80.
- **CHOLESTEROL** – Age 20 & over: Every four to six years; more frequently as directed by your doctor or if you're at increased risk for heart disease and stroke.
- **WEIGHT** – At each visit to your doctor, who may also take a waist measurement and figure your body mass index (BMI).

## Know About Blood Glucose

A blood glucose test measures the amount of sugar in the blood. Your doctor may use one of three tests to diagnose and monitor diabetes.

### Blood Glucose Ranges

	A1C Test (percent)	Fasting Plasma Glucose Test (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
NORMAL	Less than 5.7	Less than 100	Less than 140
PREDIABETES	5.7-6.4	100-125	140-199
DIABETES	6.5 & over	126 & over	200 & over

## Know About Blood Pressure

Alert your doctor if your blood pressure readings are consistently over 120/80.

### Blood Pressure Ranges

Systolic (top #)		Diastolic (bottom #)	Blood Pressure Category
Less than 120	and	Less than 80	Normal
120-129	and	Less than 80	Elevated
130-139	or	80-89	High Blood Pressure (Hypertension) Stage 1
140 & over	or	90 & over	High Blood Pressure (Hypertension) Stage 2
Above 180	and/or	Above 120	Hypertensive Crisis (Emergency care needed)

## Know About Cholesterol

Cholesterol tests check the levels of your total blood cholesterol, LDL, HDL, and triglycerides.

### Total Blood Cholesterol

Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL & over	High

### LDL

Your LDL goal depends on your risk for heart disease and stroke. Ask your doctor to determine your risk.

Less than 100 mg/dL	Optimal
100-129 mg/dL	Near or Above Optimal
130-159 mg/dL	Borderline High
160-189 mg/dL	High
190 mg/dL & over	Very High

### HDL

Less than 40 mg/dL for men and 50 mg/dL for women increases the risk for heart disease.

### Triglycerides

Less than 150 mg/dL	Normal
150-199 mg/dL	Borderline High
200-499 mg/dL	High
500 mg/dL & over	Very High

## Know About Body Composition

Body mass index (BMI) is a measure of your weight relative to your height. Your waist measurement indicates abdominal fat. In combination, these numbers indicate whether you are overweight or obese and at risk for a variety of health problems.

### BMI Levels

Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0 & over	Obese

(To calculate your BMI, see the U.S. Centers for Disease Control and Prevention website at [www.cdc.gov/nccdphp/dnpa/bmi](http://www.cdc.gov/nccdphp/dnpa/bmi))

### Waist Measurement

#### MEN

Over 40" indicates increased risk for weight-related problems.

#### WOMEN

Over 35" indicates increased risk for weight-related problems.

## KEEP TRACK OF YOUR NUMBERS

Date of Screening					
Blood Glucose					
Blood Pressure					
Total Cholesterol					
LDL					
HDL					
Triglycerides					
Weight					
BMI					
Waist					