

Know Your Numbers Pocket Reference Card



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

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 heal ailing 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

FOLD 1

Source: National Heart, Lung, and Blood Institute (NHLBI) - 5/3/2013

TOTAL CHOLESTEROL (mg/dL)	LESS THAN 200
LDL "BAD" CHOLESTEROL (mg/dL)	OPTIMAL IS LESS THAN 100 HIGH IS 160-189 NEAR OPTIMAL IS 100-129 VERY HIGH IS MORE THAN 190 BORDERLINE IS 130-159
HDL "GOOD" CHOLESTEROL (mg/dL)	MORE THAN 50 ♀ MORE THAN 40 ♂
TRIGLYCERIDES (mg/dL)	LESS THAN 150
BLOOD PRESSURE (mm Hg)	LESS THAN 120/80
FASTING GLUCOSE (mg/dL)	NORMAL IS LESS THAN 99
BODY MASS INDEX (kg/m ²)	NORMAL IS 18.5-24.9
WAIST	LESS THAN 35" ♀ LESS THAN 40" ♂
EXERCISE	AT LEAST 30 MINUTES MOST DAYS

Today's Date:

YOUR NUMBERS

TARGET NUMBERS

HEALTH FACTORS

FOLD 3

FOLD 2