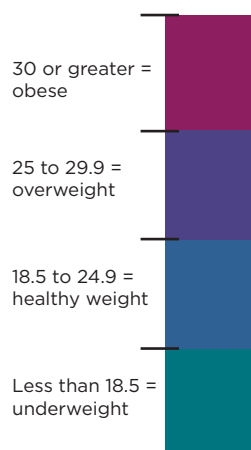


# Mini Guide for Heart Health

Your medical appointment may include some basic screenings\* to check your heart health. This guide from UMass Memorial Health gives you a place to keep track of the results. Read on to learn about healthy ranges for these numbers and how to get a conversation started with your doctor.

## 1 BODY MASS INDEX (BMI):

An estimate of body fat

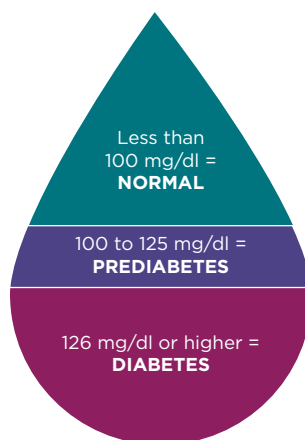


### WHY IT'S IMPORTANT:

If you're above the range for a healthy weight, the higher your BMI, the higher your risk for heart disease, high blood pressure, Type 2 diabetes, pain, low quality of life and more.

## 2 BLOOD SUGAR (GLUCOSE):

The main sugar in your blood; comes from the food you eat and provides energy



### WHY IT'S IMPORTANT:

Blood sugar is important to your body because it supplies energy to cells. When your blood sugar is too high, it can cause diabetes or atherosclerosis (hardening of the blood vessels).

## 3 BLOOD PRESSURE (BP):

The force of your blood pushing against the walls of your arteries

$\frac{120}{80}$  ← Systolic Pressure  
← Diastolic Pressure

**SYSTOLIC PRESSURE** = When your heart beats, the pressure is higher

**DIASTOLIC PRESSURE** = At rest, the pressure falls

**WHY IT'S IMPORTANT:** High blood pressure usually has no warning signs or symptoms, and many people don't know they have it. If your blood pressure is too high, it puts added strain on your heart.

### BLOOD PRESSURE CATEGORY

| NORMAL                                   |                         |   |
|--|-------------------------|---|
| Systolic mm Hg<br><b>LESS THAN 120</b>   | and/or<br><b>AND</b>    | Diastolic mm Hg<br><b>LESS THAN 80</b>    |
| ELEVATED                                 |                         |   |
| Systolic mm Hg<br><b>120 - 129</b>       | and/or<br><b>AND</b>    | Diastolic mm Hg<br><b>LESS THAN 80</b>    |
| HIGH BLOOD PRESSURE (STAGE 1)            |                         |   |
| Systolic mm Hg<br><b>130 - 139</b>       | and/or<br><b>OR</b>     | Diastolic mm Hg<br><b>80 - 89</b>         |
| HIGH BLOOD PRESSURE (STAGE 2)            |                         |   |
| Systolic mm Hg<br><b>140 OR HIGHER</b>   | and/or<br><b>OR</b>     | Diastolic mm Hg<br><b>90 OR HIGHER</b>    |
| HYPERTENSIVE CRISIS                      |                         |   |
| Systolic mm Hg<br><b>HIGHER THAN 180</b> | and/or<br><b>AND/OR</b> | Diastolic mm Hg<br><b>HIGHER THAN 120</b> |

\*Talk to your doctor to see what screening numbers and frequency of screenings are right for you.

# 4 **CHOLESTEROL:** A waxy substance; builds cells and makes vitamins and hormones; Total cholesterol is made up of three parts:

- **HIGH-DENSITY LIPOPROTEIN (HDL)** = “good” cholesterol; carries LDL away from your arteries and back to your liver
- **LOW-DENSITY LIPOPROTEIN (LDL)** = “bad” cholesterol; causes the plaque to build up in your arteries making it harder for blood to flow
- **TRIGLYCERIDES** = most common type of fat; the lower the triglyceride number ... the better

**WHY IT’S IMPORTANT:** Too much cholesterol leads to fatty plaques that build up in your arteries causing health issues, such as stroke, peripheral artery disease, diabetes, high blood pressure and coronary heart disease.

| CHOLESTEROL NUMBERS                        |                                       |   |
|--|---------------------------------------|---|
| NORMAL                                     | AT RISK                               | DANGEROUS                                   |
| Total Cholesterol<br><b>LOWER THAN 200</b> | Total Cholesterol<br><b>200 - 239</b> | Total Cholesterol<br><b>HIGHER THAN 240</b> |
| LDL Cholesterol<br><b>LOWER THAN 100</b>   | LDL Cholesterol<br><b>100 - 159</b>   | LDL Cholesterol<br><b>HIGHER THAN 160</b>   |
| HDL Cholesterol<br><b>HIGHER THAN 60</b>   | HDL Cholesterol<br><b>41 - 59</b>     | HDL Cholesterol<br><b>LOWER THAN 40</b>     |
| Triglycerides<br><b>LOWER THAN 150</b>     | Triglycerides<br><b>151 - 199</b>     | Triglycerides<br><b>HIGHER THAN 200</b>     |

## KNOW YOUR NUMBERS

My BMI is \_\_\_\_\_

My blood pressure is \_\_\_\_\_

My total cholesterol is \_\_\_\_\_

My HDL is \_\_\_\_\_

My LDL is \_\_\_\_\_

My triglyceride level is \_\_\_\_\_

My blood sugar is \_\_\_\_\_

## QUESTIONS FOR YOUR DOCTOR

- ☐ Do I have risk factors for heart disease?
- ☐ What can I do to lower them?
- ☐ What could happen if I don't lower them?
- ☐ What numbers would be ideal for me?
- ☐ Am I due for any screenings?
- ☐ What are the warning signs of a heart attack?
- ☐ How could my other health conditions impact my heart?
- ☐ What is my risk of having a cardiac event in the future?

## SCHEDULE FOR HEART SCREENINGS

|  | DATE COMPLETED | DATE COMPLETED | DATE COMPLETED | DATE COMPLETED |
|--|----------------|----------------|----------------|----------------|
| <b>BLOOD PRESSURE</b> Every year           |                |                |                |                |
| <b>BMI</b> Every year                      |                |                |                |                |
| <b>CHOLESTEROL</b> Every four to six years |                |                |                |                |
| <b>BLOOD SUGAR</b> Every three years       |                |                |                |                |