

“Know Your Numbers”

Biometric Screening

Triglycerides

Normal: <150 mg/dL

Borderline high: 150-199 mg/dL

High: >200 mg/dL

This is one of the blood fats known as lipids. If you have eaten within 10 hours before taking this test, your value may not be accurate. Triglycerides are necessary for proper nerve function. High levels can result in the hardening of the arteries or atherosclerosis. High levels are indicative of being overweight, diabetic, and/or having impaired fat metabolism. Triglycerides may be reduced through a decrease in your intake of simple sugars (sweets) and alcohol.

Total Cholesterol

Desirable: <200 mg/dL

Borderline High: 200-240 mg/dL

High: >240 mg/dL

Your body produces some cholesterol, but most of it comes from animal sources in your diet. Total Cholesterol is a total measurement of many different kinds of fats or lipids present in your blood. Maintaining desirable values will help reduce your chances of heart attack and stroke. It is helpful to know how much of your total is good (HDL) and bad (LDL) cholesterol.

Glucose

Normal fasting: 60-100 mg/dL

This is your blood sugar. If you have eaten within three hours before taking this test, your value may not be accurate. Glucose rises rapidly after meals and within two hours should return to near the fasting value. An abnormally high glucose can be indicative of diabetes, but can also be caused by other disorders and diseases.

HDL Cholesterol

Desirable: > 40 mg/dL

HDL Cholesterol, or “good” cholesterol, is a measurement of the cholesterol that is on its way to being expelled from the body. The higher the concentration of HDL in your

blood the less likely you are to develop coronary heart disease. This value may be increased by regular physical activity, weight loss and smoking cessation.

Calculated LDL Cholesterol

Optimal: <100 mg/dL

Near or above optimal: 100-120 mg/dL

Borderline high: 130-159 mg/dL

High: >159 mg/dL

LDL Cholesterol, or “bad” cholesterol, is a measurement of the cholesterol that causes arterial blockages that can result in a heart attack, stroke, and poor circulation. The higher the LDL concentration, the more likely you are to develop coronary heart disease. This value may be decreased by including less fat and more fiber in your diet.

Total Cholesterol/HDL Ratio

Desirable: < 4.5

This is a ratio used as an indicator of your potential for developing coronary heart disease. The ratio is reported as a factor of your risk versus a standard normal risk. A ratio greater than 4.5 is considered high risk for coronary heart disease. The ratio may be decreased by increasing good (HDL) cholesterol and decreasing bad (LDL) cholesterol.

Blood Pressure

(systolic)/(diastolic) mmHG

Normal: <120 and <80

Prehypertensive: 120-139 or 80-89

Hypertension: >139 or >89

When your heart beats, it pumps blood through your arteries and creates pressure in them. The higher number (systolic) represents the pressure while your heart is beating. The lower number (diastolic) represents the pressure when your heart is resting between beats. Your blood pressure can change from minute to minute, with changes in posture, exercise or sleeping. If your first reading is high, your doctor may take several readings before making judgment about whether your blood pressure is considered to be a health concern.