

IDEAL NUMBERS FOR MOST ADULTS

(CONSULT YOUR HEALTHCARE PROVIDER)

BLOOD PRESSURE

120/80 mm Hg

BLOOD SUGAR (WHEN FASTING)

100 mg/dL

A1C Test 5.6 or lower

TOTAL CHOLESTEROL/ HDL (GOOD CHOLESTEROL)

Get your cholesterol checked and
talk to your Healthcare Provider
about your numbers

*This is a project of
Leadership Medina County Signature Class of 2023 and
Living Well Medina County.*

*Special thank you to Brunswick High School students who
assisted with the development of the logo.*



LOCAL RESOURCES:

MEDINA COUNTY
HEALTH DEPARTMENT

PHONE: (330) 723-9688
medinahealth.org/knowyournumbers

FREE CLINIC OF
MEDINA COUNTY

PHONE: (330) 764-9300

Sources: The American Heart Association, The Centers
for Disease Control & Prevention, The Cleveland Clinic

KNOW YOUR NUMBERS

Know your risk for heart disease.

Have your numbers checked by
a Healthcare Provider.



CHOLESTEROL

Cholesterol is the waxy substance made by your liver that travels through your blood. It is needed for your body to perform functions such as making hormones and digesting fatty foods. Your body also produces cholesterol from the foods you eat and can result in too much “bad” cholesterol, making it hard for blood to circulate. High cholesterol, if left untreated, **increases** the risk of heart disease or stroke.

High Cholesterol has no signs or symptoms. Those with total cholesterol above 200 mg/dL are considered to have high cholesterol and are recommended to get it checked at least once every year or should consult with a Healthcare Provider to determine the frequency.

Risk factors for high cholesterol include obesity, diabetes, smoking/tobacco use, and age. Risk factors also include family history, which you cannot change.

The **more** risk factors you have, the greater your chance of developing heart disease. It's important that you manage the risk factors that can be changed, such as lifestyle choices. Lower your risk or control already high cholesterol, by adopting a heart-healthy diet, eliminating smoking/tobacco use, maintaining healthy body weight, exercising, and taking cholesterol-lowering medications as prescribed.



BLOOD PRESSURE

Blood Pressure is the amount of force your blood uses to get through your arteries and high blood pressure can put you at risk for stroke, heart failure, kidney failure, and other medical problems, if left untreated.

The Silent Killer, high blood pressure often has few or no obvious symptoms. Those with blood pressure below 120/80 mm Hg are recommended to get it checked at least once every 2 years, starting at age 20. Those with higher blood pressure should consult with a health care provider to determine the frequency.

You may be **born with** certain risk factors that cannot be changed, such as gender and heredity. The more of these risk factors you have, the greater your chance of developing heart disease.

Since you **can't** do anything about these risk factors, it's important that you manage the risk factors that can be changed, such as through lifestyle choices.

BLOOD SUGAR

Blood Sugar is the amount of sugar in your blood. High blood sugar if left untreated can increase your risk of serious and sometimes fatal health complications, including heart disease, stroke, eye, and kidney damage and even Alzheimer's and dementia.

More than 1 in 3 American adults have pre-diabetes, and **80%** don't know they have it. Pre-diabetes is a health condition where blood sugar levels are higher than normal, and has few, if no clear symptoms. Those with certain risk factors for developing high blood sugar should consult with a Healthcare Provider to determine the frequency of blood sugar testing.

Risk factors include obesity, and physical activity, which you can control. Risk factors you cannot control include age, ethnicity and race, family history and sex.

Manage your risk factors of developing high blood sugar by making healthy lifestyle choices. Adopt a healthy heart diet, exercise, reduce stress, and consult your Healthcare Provider to lower your risk.

