

# Check Your Numbers

Guidelines are available to assist you in your efforts to improve your health and, possibly, affect your longevity. There are critical numbers/values that you should know which can be life-altering....so please take note. I will only be giving you a few numbers, for there are numerous blood tests. I hope you will take some time to discover all the information your blood can offer you.

## **LIPID PROFILE:**

Cholesterol – To keep your cholesterol within limits, do not consume more than 300mg. per day. If you have a heart condition, keep your intake under 200 mg. per day. Saturated fat and trans fats are also responsible for raising your blood cholesterol.

Total Cholesterol	Category
Less than 200 mg/dL	Desirable
200 – 239 mg/dL	Borderline high
240 mg/dL and above	High

HDL Cholesterol – Medical experts believe HDL tends to carry cholesterol away from the arteries and back to the liver, where it is then passed from the body. High HDL levels seem to protect against heart attacks.

\*Men – HDL over 40 mg/dL

\*Women – HDL over 50 mg/dL

LDL Cholesterol – Low-density lipoprotein is the main cholesterol carrier in the blood. Together with other substances, it can form plaque in your arteries.

LDL Cholesterol Level	Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

## **BLOOD GLUCOSE:**

This is a measurement of the sugar levels in your blood; generally done following a 12 hour fast. Elevated fasting blood glucose levels could be early signs of diabetes.

\*For people without diabetes, the level should be between 70 – 120 mg/dL

\*For people with type II diabetes: fasting level up to 130 mg/dL; after meals less than 180 mg/dL

## **BLOOD PRESSURE: (Adopted from *Mayo Clinic*)**

<b>Top number (systolic) in mm Hg</b>		<b>Bottom number (diastolic) in mm Hg</b>	<b>Your category*</b>	<b>What to do**</b>
Below 120	and	Below 80	Normal blood pressure	Maintain or adopt a healthy lifestyle.
120-139	or	80-89	Prehypertension	Maintain or adopt a healthy lifestyle.
140-159	or	90-99	Stage 1 hypertension	Maintain or adopt a healthy lifestyle. If blood pressure goal isn't reached in about six months, talk to your doctor about taking one or more medications.
160 or more	or	100 or more	Stage 2 hypertension	Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

## **C-REACTIVE PROTEIN:**

This is a substance in the blood that shows of inflammation to the blood vessels. It is a strong predictor for the risk of heart disease, along with other inflammatory diseases like lupus and arthritis. It appears in higher amounts when there is swelling somewhere in your body.

\*A test result showing a level greater than 10 mg/dL is a sign of serious inflammation or infection, and you should be discussing this result with your doctor.

\*Average level – 1.0 and 3.0 mg/dL

## **DIRECT BILIRUBIN:**

This test measures the amount of bilirubin in a blood sample. Bilirubin is a yellowish substance found in bile. Bile is produced by the liver and stored in the gallbladder. When bilirubin levels are high, the skin and whites of the eyes can appear yellow (jaundice).

\*Test is used to test the function of the liver and to watch for signs of hepatitis or cirrhosis.

\*It can also test the effects of medicines that can damage the liver.

I hope I have peaked your interest enough to investigate your numbers. These parameters are valuable guidelines to guard against chronic disease. Please put energy into knowing these numbers...your health matters!!