

# LEARN YOUR NUMBERS!

BE INFORMED AND TAKE CONTROL OF YOUR HEALTH.  
GET A FREE SCREENING AND TALK TO YOUR DOCTOR.



**BLOOD PRESSURE:** SHOULD BE LESS THAN 120/80 MMHG

Untreated high blood pressure (also known as **hypertension**) puts stress on your heart and blood vessels. High blood pressure may have no symptoms at all, but can lead to:

**Short-term:** Headaches, shortness of breath, nosebleeds

**Long-term:** Heart attack, stroke, kidney failure



**GLUCOSE (BLOOD SUGAR):** SHOULD BE LESS THAN 99 MG/DL (FASTING) OR LESS THAN 140 MG/DL (NON-FASTING)

High levels of sugar in the blood (also known as **diabetes**) can damage both big and small blood vessels in your body.

**Short-term:** Increased thirst & urination, blurred vision, fatigue

**Long-term:** Heart disease, nerve pain, kidney disease, blindness



**CHOLESTEROL:** TOTAL CHOLESTEROL SHOULD BE LESS THAN 200 MG/DL, AND LDL SHOULD BE LESS THAN 100 MG/DL

Too much cholesterol in your blood can damage your arteries, or form plaques that **block blood flow** to your organs.

**Short-term effects:** High cholesterol has no symptoms. The only way to know is to get checked regularly.

**Long-term effects:** Heart attack, stroke, circulation problems