

Know Your Numbers

Volume 1, Issue 1

What *should* my numbers be?

Everyone should know their numbers

Heart disease is the #1 killer of Americans and can mostly be linked to lifestyle factors. Coronary Artery Disease costs the Air Force \$50 M each year. Research shows, that by just knowing your numbers, you have a reduced risk of future heart disease. Any age, Any day



	Cholesterol	LDL	HDL	Triglycerides	Blood Pressure
Optimal	< 200	< 100	35-60	≤ 150	< 120/80
Borderline	200-239	100-159		151-199	120-139/80-89
High	≥ 240	≥ 160		≥ 200	140/90

5 things

You can do about your numbers

1. Stop by the HAWC Heart Booth or come to the HAWC to "Know Your Numbers" (hint: we have some fun giveaways if you do it in Sept.)
2. Talk to your PCM if you have any concerns
3. Attend the Healthy Heart Class at the HAWC on the 1st Monday of the month at 1400 hrs
4. Lose weight if you are overweight or maintain a healthy weight
5. Be active every day and get some exercise on most days



Call the HAWC with more questions x 6464
www.laughlin.af.mil/HAWC | facebook.com/LaughlinHAWC