Tips for your heart health

Know your numbers

Total cholesterol: <200 mg/dL
LDL (bad cholesterol): <100 mg/dL
HDL (good cholesterol): > 50 mg/dL
Triglycerides (blood fat): <150 mg/dL
Blood pressure: <120/80 mmHg
Fasting glucose (blood sugar): <100 mg/dL
Body mass index: <25
Waist circumference: <35 inches

My numbers

Total cholesterol: ______________
LDL cholesterol: ______________
HDL cholesterol: ______________
Triglycerides: ______________
Blood pressure: ______________
Fasting glucose: ______________
Body mass index: ______________
Waist circumference: ______________
Know the warning signs of heart attack

- Pain or discomfort in the center of the chest.
- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw or stomach.
- Shortness of breath, breaking out in a cold sweat, nausea or light-headedness.

Women are more likely than men to experience shortness of breath, nausea or vomiting, and back or jaw pain. They are also more likely to delay seeking treatment.

If you feel any heart attack symptoms, call 9-1-1.