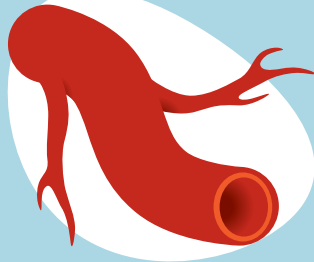


Heart disease is the #1 killer of adults in America. But 80% of cardiovascular diseases may be prevented.

Knowing Your Numbers Can Save Your Life...



Optimal blood pressure is typically within the range of 120/80 mm Hg.



Blood cholesterol of less than 180 mg/dL is desirable.



Suggested blood sugar level A1C should be less than 6.5; a more or less stringent glycemic goal may be appropriate for each individual.



A BMI of less than 25 is ideal to maintain a healthy weight.

The American Heart Association recommends beginning heart disease prevention early in life, starting with assessing your risk factors and working to keep them low. Monitor and understand these four risk factors, along with talking to your doctor about them, to better your chances of leading a heart-healthy life.

Are you at risk for heart disease? Find out now:
www.AbrazoHealthCheck.com/Heart



1930 E Thomas Rd • Phoenix, AZ 85016

- Society of Cardiovascular Patient Care—Certified Chest Pain Center
- American Heart Association Mission: Lifeline—Silver Receiving

The American Heart Association has joined with local centers of heart health to fight heart disease.

ABRAZO COMMUNITY HEALTH NETWORK IS PROUD TO SUPPORT THE AMERICAN HEART ASSOCIATION'S HEALTHY FOR GOOD CAMPAIGN.



Healthy For Good™

RISK FACTORS:

#1 • BLOOD PRESSURE

WHAT IS IT? Blood pressure is the force of your blood against the walls of your arteries—how hard your heart works to pump blood through your body.

WHAT'S NORMAL? A blood pressure reading of less than 120/80 mm Hg is normal in most adults. The higher the blood pressure, the more resistance there is to blood flow.

WHY IS THIS IMPORTANT? You could live, on average, 5 years longer with healthy numbers—at age 50, total life expectancy is about 5 years longer for people with normal blood pressure than for people with hypertension.



#2 • CHOLESTEROL

WHAT IS IT? Cholesterol is a waxy, fat-like substance that your body naturally produces. However, it can be dangerous when there is too much in your blood, where it is deposited in your arteries and can build up over time.

WHAT'S NORMAL? Cholesterol is measured in several ways—total cholesterol, LDL (bad) cholesterol, and HDL (good) cholesterol. Total cholesterol of 180 mg/dL or less is considered desirable. LDL of less than 100 mg/dL and HDL of 60 mg/dL or above are considered optimal.

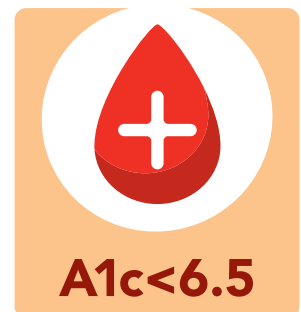
WHY IS THIS IMPORTANT? Cholesterol is especially dangerous if it narrows the arteries to the heart and brain, creating major risks for heart attack and stroke.

#3 • BLOOD SUGAR & DIABETES

WHAT IS IT? Sugars in the blood are normal, but too much can lead to diabetes—a disease where your body can't process sugars and, unchecked, can lead to severe complications including a 2x greater risk of heart disease.

WHAT'S NORMAL? Keep your A1C level—a measure of your blood sugar over the previous three months—at 6.5% or less.

WHY IS THIS IMPORTANT? Diabetes greatly increases the risk of cardiovascular disease, which causes more than 68% of the deaths in people with diabetes.



#4 • WEIGHT & OBESITY

WHAT IS IT? Being overweight by at least 20% or more of your ideal body weight means you are obese—and you are not alone. Nearly 70% of American adults are either overweight or obese—that's more than 78 million adults.

WHAT'S NORMAL? Other than height and weight charts, Body Mass Index (BMI) is a preferred way of determining if your weight is normal for you. People with a BMI of 25 or higher are considered overweight.

WHY IS THIS IMPORTANT? Being obese puts you at a higher risk for heart disease, stroke, high blood pressure, diabetes and more. Losing even a few pounds can provide cardiovascular benefits.

TRACK YOUR NUMBERS HERE & SHARE THEM WITH YOUR DOCTOR

		Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
Risk Factors	Blood Pressure						
	Cholesterol						
	Blood Sugar						
	Weight						