



Know Your Numbers?

There are important numbers that you should know by heart if you have or are at risk for cardiovascular disease.

GOALS:

- | | | |
|---|--------------------------|-------|
| 1) < 140/90mmHg - blood pressure goal for most patients | BLOOD PRESSURE | _____ |
| 2) < 130/80 mmHg – blood pressure goal for diabetic pts. | | |
| 3) 60-100 – heart rate- ideal 60 beats/minute at rest | HEART RATE | _____ |
| 4) > 55 - Ejection Fraction – percent of blood squeezed from heart per each beat | EJECTION FRACTION | _____ |
| 5) < 150 mg/dL–Total cholesterol goal for most patients | TOTAL CHOLESTEROL | _____ |
| 6) < 70 mg/dL – LDL cholesterol goal for patients with cardiovascular disease | LDL CHOLESTEROL | _____ |
| 7) > 50 mg/dL – HDL cholesterol goal for most patients | HDL CHOLESTEROL | _____ |
| 8) < 150 triglyceride goal in the fasting state | TRIGLYCERIDES | _____ |
| 9) < 40 inches/ < 35 inches- this is the recommended waist circumference for men and women respectively | WAIST SIZE | _____ |
| 10) < 7% - HbA1C goal for diabetic patients | HbA1C | _____ |
| 11) BMI of < 25 for both men and women | BMI | _____ |

GOALS FOR BETTER CARDIAC LIVING

Do not smoke cigarettes

Fat intake < 30% with < 7% saturated fats

Get >30 min. of physical activity for at least 5 days a week

Patient Name: _____

Date: _____