

KNOW YOUR NUMBERS

Indicator	Ideal	When to worry	How often should it be measured?	Write your number here
Lipids			Every 5 years	
Total cholesterol	Under 200 mg/dL	240 mg/dL or higher		
HDL cholesterol	Over 50 mg/dL	40 mg/dL or lower		
LDL cholesterol	Under 100 mg/dL	160 mg/dL or higher		
Triglycerides	Under 150 mg/dL	200 mg/dL or higher		
Blood pressure			Every year	
Systolic	Under 120 mm Hg	140 mm Hg or higher		
Diastolic	Under 80 mm Hg	90 mm Hg or higher		
Body measurements			At every physical exam	
Body mass index	Under 25 kg/m	30 kg/m or higher		
Waist circumference				
Men	Under 35 inches	40 inches or higher		
Women	Under 30 inches	35 inches or higher		
Fasting blood sugar	Under 100 mg/dL	Over 125 mg/dL	Every 3 years	
Hemoglobin A1c	Under 7%	Over 8%	Every 3 to 6 months	



Kaweah Delta
HEALTH CARE DISTRICT

More than medicine. Life.