

# Backdoor Reading From Your Parish Nurse

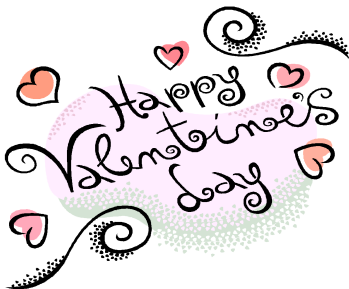
Asbury United Methodist Church

February 2012

## February is Heart Month Time to think about our Heart Health

Can you name 5 things that will make your heart healthier?

- 1) ↓ Blood Pressure
- 2) ↓ Cholesterol
- 3) ↓ Body Mass Index
- 4) ↓ Blood Sugar



### Important Points

- Heart attack and stroke doubles for every 20 pt jump in systolic BP and 10 pts of diastolic BP
- Between 120/80 and 140/90 you have "twice" the risk
- People with BP above 140/90 have "four" times the risk of heart attack and stroke.

Normal blood pressure is 119/79 or below. Prehypertension is 120 to 139 (systolic) and /or 80-89 (diastolic)

Total cholesterol less than 200  
HDL or good cholesterol more than 40

LDL or bad cholesterol less than 100

A BMI of 18.5-24.9 is ideal

A BMI of 25 to 29.9 is overweight

A BMI of 30 or more indicates obesity

Blood Sugar should be 100 or less

Prediabetes is a fasting blood sugar of 101 to 125

A fasting blood sugar of 126 or greater indicates diabetes.



Couch Potato or Exerciser???????



## Prevention is the word!

### A New Diagnosis—"Prehypertension"

Government officials have issued revised blood pressure guidelines that include a new category: prehypertension. Anyone with BP of over 120/80 now has pre-

Hypertension, which means we're at increased risk of heart disease and stroke. 23% of the population are in this new category and another 25% have hypertension!

They have changed what normal is.

