



Backdoor Reading From Your Parish Nurse

Asbury United Methodist Church

February, 2009

February is Heart Month Time to think about our Heart Health

Can you name 4 things that will make your heart healthier?

- 1) ↓ Blood Pressure
- 2) Low Cholesterol
- 3) Body Mass Index
- 4) Low 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 120/80 or below. Prehypertension is 121 to 139 (systolic) and /or 81-89 (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!

High Blood Pressure Can Happen to You!

It's easy to keep track of your Blood Pressure here at Asbury. Blood pressure screening is provided on the 3rd Sunday of every month, and any other time you would like yours checked. Just ask your Parish Nurse. Young people can also have hypertension so don't let your age stop you from having yours checked. Better safe than sorry. LH

