

Know Your Numbers

Numbers that all women should know to take control of their heart health are:

1
Total
Cholesterol

2
Blood
Pressure

3
Blood
Sugar

4
Body Mass
Index (BMI)

Knowing these numbers can help women and their health care provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life – their hearts depend on it.

Here's how:

1. Understand Risk Factors

- There are some you can control like blood pressure, smoking, cholesterol, lack of regular physical activity, and some you can't control like age, gender, and family history.
- That's why it is important to Know Your Numbers, learn your Family History and discuss all risk factors with your health care provider.

2. Know Your Numbers

- Four numbers can change your life - *Total Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI)*

3. Take Action and Manage Your Numbers

- Schedule a separate visit with your health care provider to learn these numbers and commit them to memory.
- Work to improve your numbers, if necessary.



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