



Health and Wellness Tip of the Week - Week 8

February 24, 2014

Monthly Topic

Focus on women's risks and annual checkups during American Heart Month in February.



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Learn your numbers to keep your heart healthy

Do you know your numbers? It's important to know your cholesterol and triglyceride (or fat) levels, blood pressure and BMI to evaluate your risk for heart disease.

Talk to your doctor about preventive screenings. Use these goals as a starting point:

- ♥ **Total cholesterol:** less than 200 mg/dL
- ♥ **HDL (good) cholesterol:** 60 mg/dL or higher
- ♥ **LDL (bad) cholesterol:** less than 100 mg/dL
- ♥ **Triglycerides:** less than 150 mg/dL
- ♥ **Body mass index (BMI):** less than 25 kg/m²
- ♥ **Blood pressure:** less than 120/80 mmHg

Source: American Heart Association