

# Understanding Your Health Screening Results

*The information below is for educational purposes only. Your individual results should be interpreted by a licensed healthcare provider.*

<b>Total Cholesterol (mg/dL)</b> Desirable: < 200 Borderline high: 200- 240 High: >240	Your body produces some cholesterol, but most of it comes from animal sources in your diet (like meat and eggs). Total Cholesterol is the measurement of many different kinds of fats or lipids in your blood. Keeping healthy levels of cholesterol will help reduce your chances of heart attack and stroke.										
<b>HDL Cholesterol (mg/dL)</b> Desirable: >40	HDL is the “good” cholesterol that is leaving your body. The more HDL in your blood the less likely you are to develop coronary heart disease. You can increase HDL by regular physical activity, weight loss and not smoking.										
<b>Triglycerides (mg/dL)</b> Normal: <150 Borderline high: 150-199 High: >200	Triglycerides are blood fats known as lipids. They are necessary for proper nerve function. High levels can cause hardening of the arteries or atherosclerosis. High levels or triglycerides are often caused by being overweight, diabetic and/or having impaired fat metabolism. Triglycerides may be reduced by having fewer simple sugars (sweets) and less alcohol. If you have eaten within 10 hours before taking this test, your results may not be accurate.										
<b>LDL Cholesterol (mg/dL)</b> Optimal: <100 Near or above optimal: 100-129 Borderline high: 130-159 High: >159	LDL is the “bad” cholesterol that clogs your arteries and can cause poor circulation, stroke or heart attack. The more LDL you have, the more likely you are to develop heart disease. You can decrease LDL by eating less fat and more fiber.										
<b>Total Cholesterol/HDL Ratio</b> Desirable: <4.5	Knowing how much of your total cholesterol is good (HDL) or bad (LDL) tells you about your risk for heart disease. The standard risk is 4.5. The healthy goal is to have a number lower than 4.5. A score over 4.5 means you have a higher risk for heart disease. You can improve your score (ratio) by having more good cholesterol (HDL) and less bad cholesterol (LDL).										
<b>Glucose (mg/dL)</b> Normal fasting: 60-100	This is your blood sugar. Glucose rises rapidly after meals then returns to near fasting levels within about two hours. Abnormally high blood sugar can be a sign of diabetes, or other disorders or diseases. If you have eaten within 3 hours before taking this test, your result may not be accurate.										
<b>Blood Pressure (systolic/diastolic) mmHg</b> Normal: <120 and <80 Pre-hypertensive: 120-139 or 80-89 Hypertensive: > 139 or >89	When your heart beats, it pumps blood through your arteries and creates pressure in them. The higher number (systolic) represents the pressure when your heart is beating. The lower number (diastolic) represents the pressure when your heart is resting between beats. Your blood pressure can change from minute to minute, with changes in posture, exercise or sleep. If your first reading is high, your doctor may take several readings before deciding if your blood pressure is a health concern.										
<b>Pulse</b> Normal: 60-100 bpm	Your pulse is caused by the beating of your heart. It is an accurate and simple way to access the health of the heart and circulatory system. Many factors affect normal heart rate, including your age, activity level and the time of day. In general, the lower your resting heart rate, the more efficient your heart is and the healthier you are.										
<b>BMI (Body Mass Index)</b> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Height</td> <td style="width: 50%;">Weight</td> </tr> <tr> <td>Less than 18.5</td> <td>Underweight</td> </tr> <tr> <td>18.5 to 24.9</td> <td>Normal</td> </tr> <tr> <td>25.0 to 29.9</td> <td>Moderate risk</td> </tr> <tr> <td>30 or more</td> <td>High risk</td> </tr> </table>	Height	Weight	Less than 18.5	Underweight	18.5 to 24.9	Normal	25.0 to 29.9	Moderate risk	30 or more	High risk	<b>Waist/Hip</b> Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides an indicator of weight categories that may lead to health problems: Minimal Risk- BMI <25; Moderate Risk- BMI between 25-29.9; High Risk – BMI > 30. If your BMI is at or above 30, or your waist circumference is: <ul style="list-style-type: none"> <li>• Men – 40 inches or more</li> <li>• Women – 35 inches or more</li> </ul> You are at a significantly higher risk of developing heart disease. Your waist-to-hip ratio is found by dividing your waist measurement by your hip measurement. Waist/hip ratio for women should be lower than .85, and for men waist-to-hip ratio should be less than 1.0.
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