



2 Days 'til Go Red!

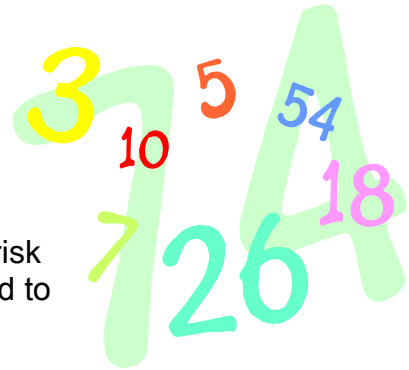
National Wear Red Day

Friday, February 4th

KNOW YOUR NUMBERS

Heart disease is the leading cause of death and disability in the U.S. About every 25 seconds an American will have a heart event and about one person every minute will die from one.

There is a way for you to know whether you are at increased risk of becoming a statistic. It's a numbers game . . . and you need to know yours so you can take action!



You can significantly reduce your risk for heart disease by monitoring the following numbers and working toward achieving the listed optimal levels:

RISK FACTOR	OPTIMAL LEVEL
Total Cholesterol	< 200 mg/dl
LDL Cholesterol	< 100 mg/dl
HDL Cholesterol	>50 mg/dl for women >40 mg/dl for men
Triglycerides	< 150 mg/dl
Fasting Blood Glucose	< 100 mg/dl
Waist Circumference	< 40" for men < 35" for women
BMI	18.9 – 24.9



The Medical
Center of Plano