



Silent Health Risks

We live our lives by the numbers: phone numbers, PIN numbers, 401b numbers.

But do you know your health numbers could literally save your life? There are simple key numbers you need know. Many of these "Silent Killers" do not have symptoms until it is too late.

****Your Cholesterol Numbers (total under 200)***

High cholesterol itself does not have symptoms. As a result, many people do not know that their cholesterol level is too high. Doctors can do simple blood tests to check your cholesterol. If you have high cholesterol, your doctor may prescribe various treatments depending on your risk for developing heart disease.

****Your Blood Pressure (120/80 or Better)***

You can have high blood pressure (hypertension) for years without any symptoms. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

High blood pressure typically develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. And once you know you have high blood pressure, you can work with your doctor to control it.

****Your Blood Sugar (less than < 100)***

Diabetes symptoms vary depending on how much your blood sugar is elevated. Some people, especially those with pre-diabetes or type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, symptoms tend to come on quickly and be more severe.

****Your BMI (25 or less to 29.9)***

Your Body Mass Index number is like Par in golf. Not many golfers are scratch players, but you still need to practice and strive to be better.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.