

know your numbers...

What Numbers?

Blood Pressure (BP) - Hypertension or high BP, is a major risk factor for heart disease and stroke. The concerning part is that it can often go unnoticed for years without any noticeable symptoms. That's why it is vital to check your blood pressure regularly. It is a simple procedure that can help detect high blood pressure early, allowing for timely intervention and management.

Blood Sugar levels are another essential number to keep in check. High blood sugar increases inflammation in the body and can lead to diabetes, which is a significant risk factor for heart disease. If you have a family history of diabetes or have risks factors you should have blood sugar levels monitored regularly and work closely with your primary doctor to effectively manage the risks.

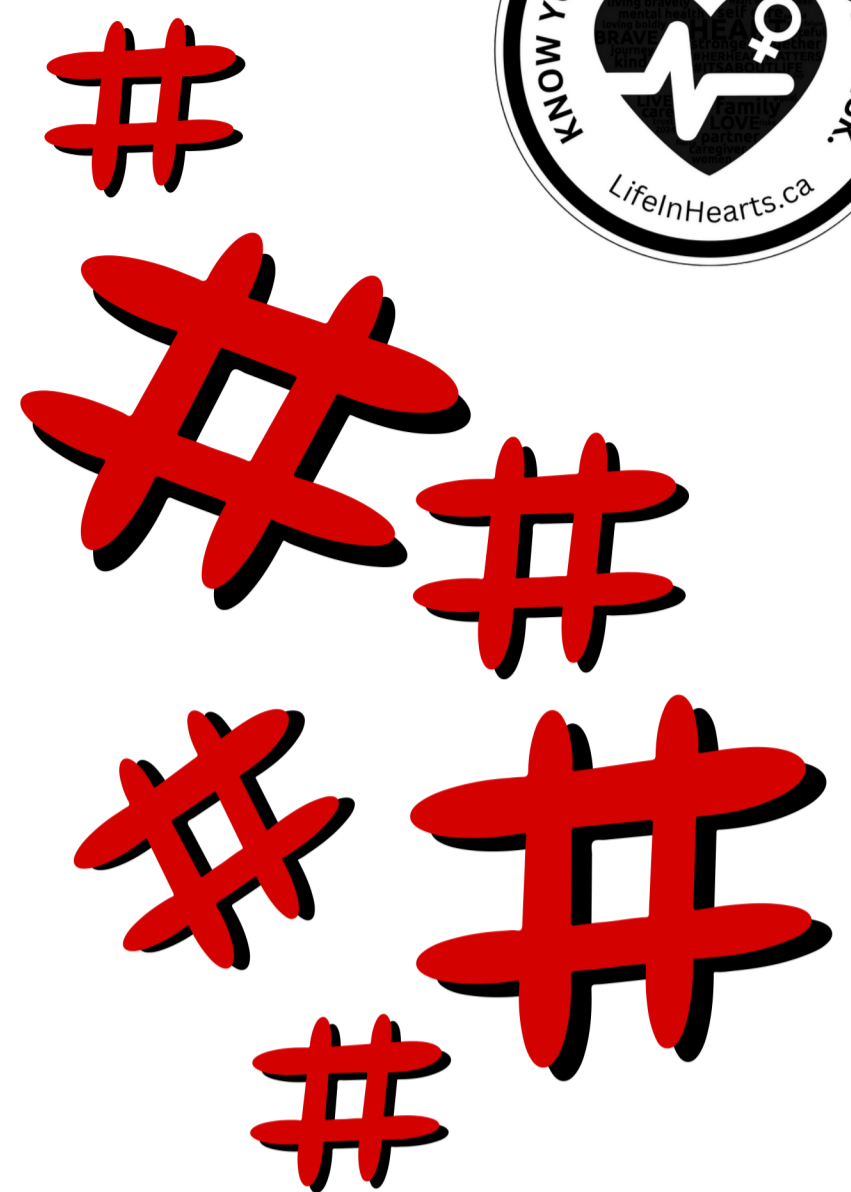
Cholesterol is the third number to focus on. High cholesterol levels pose a significant threat to heart health. Regular cholesterol checks, along with guidance from your primary doctor, can help you understand your cholesterol profile and take necessary steps to maintain healthy levels.

Additional numbers to monitor can include resting heart rate and your daily dry weight.

Why Should I Care?

"**Know Your Numbers**" is more than just a catchy phrase — it is a powerful reminder for people to stay informed about key indicators of their heart health.

By actively tracking and understanding these numbers, you can take proactive steps towards a healthier heart and overall well-being.



How Do I Track?

You can use a journal to record key numbers as you receive them from your doctor or you can download a daily health tracker from [HeartLife Canada's Website](http://www.heartlife.ca) (www.heartlife.ca).

Another option is to start a binder with copies of your blood tests highlighting the key numbers adding in BP readings.

Whatever you choose to do, knowing your baselines and monitoring for changes helps you manage your heart health risks.

What To Do With The Info?

If you notice changes in your bloodwork, ask your doctor if these changes are significant. If you see changes in your blood pressure, heart rate or dry weight over the course of a week to 10 days contact your doctor for a review of the data. Being proactive in your heart health care is a positive step in reducing your risk for developing heart disease.

These guidelines are compiled as general information and not illness specific. Thank you!

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