# Tips to lower your risk of diabetes

Taking control of your health can be as easy as learning your numbers. When you visit the doctor and you're given your test results with LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides, do you know what they mean?

These numbers can tell you the important things about your overall health. Do you know the standards for blood pressure? Knowing these numbers and tracking them can help you and your doctor keep you healthy.

### **Blood pressure\***

<120/<80=normal 120-129/80 - <80 = prehypertension 130-139/80-89 = Stage 1 hypertension >140 - >90 = Stage 2 hypertension \* 2017 High blood pressure guidelines

### HDL (good) cholesterol

60 or greater = low risk 40 - 60 = moderate risk Lower than 40 = high risk

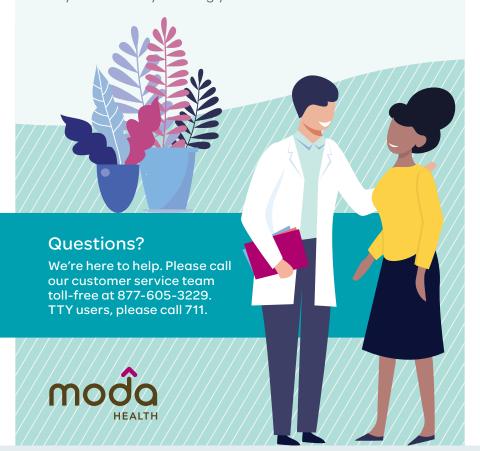
## LDL (bad) cholesterol

100 or lower = low risk 100 - 159 = moderate risk Lower than 160 = high risk

## Triglycerides

150 or lower = low risk 150 - 199 = moderate risk Lower than 200 = high risk

If it's been a while since you've been to your doctor to have these tests done, make an appointment today and start taking control of your health by learning your numbers.



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