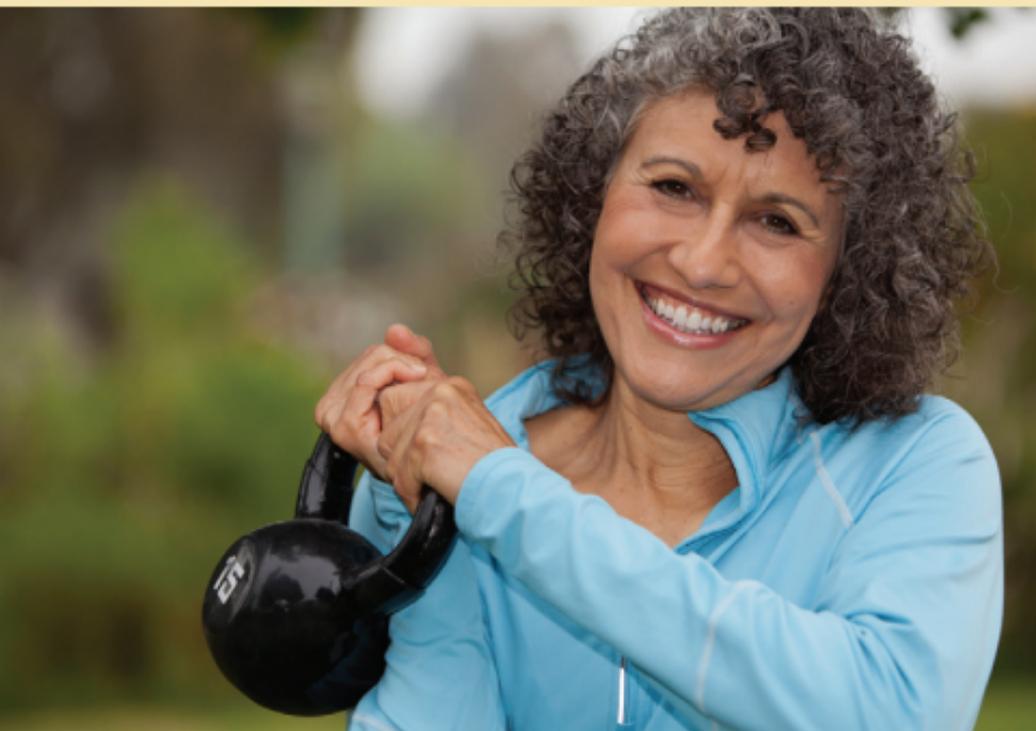


# Tips for your heart health



## Know your numbers

Total cholesterol: <200 mg/dL

LDL (bad cholesterol): <100 mg/dL

HDL (good cholesterol): > 50 mg/dL

Triglycerides (blood fat): <150 mg/dL

Blood pressure: <120/80 mmHg

Fasting glucose

(blood sugar): <100 mg/dL

Body mass index: <25

Waist circumference: <35 inches

## My numbers

Total cholesterol: \_\_\_\_\_

LDL cholesterol: \_\_\_\_\_

HDL cholesterol: \_\_\_\_\_

Triglycerides: \_\_\_\_\_

Blood pressure: \_\_\_\_\_

Fasting glucose: \_\_\_\_\_

Body mass index: \_\_\_\_\_

Waist circumference: \_\_\_\_\_

# Tips for your heart health



## **Know the warning signs of heart attack**

- Pain or discomfort in the center of the chest.
- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw or stomach.
- Shortness of breath, breaking out in a cold sweat, nausea or lightheadedness.

Women are more likely than men to experience shortness of breath, nausea or vomiting, and back or jaw pain. They are also more likely to delay seeking treatment.

**If you feel any heart attack symptoms, call 9-1-1.**

**UCDAVIS**  
**HEALTH SYSTEM**

Women's Cardiovascular  
Medicine Program

[womenshearthealth.ucdavis.edu](http://womenshearthealth.ucdavis.edu)