

# CHRONIC DISEASES: KNOW YOUR NUMBERS



## CHOLESTEROL

### TOTAL CHOLESTEROL: HDL + LDL

200 mg/dL or less	Normal
200–239 mg/dL	Borderline; high risk
240 mg/dL or greater	High risk

### HDL Cholesterol

Men	40 mg/dL or less	Higher risk for heart disease
Women	50 mg/dL or less	Higher risk for heart disease

### LDL Cholesterol

100 mg/dL or less	Excellent
100–129 mg/dL	Very good
130–159 mg/dL	Borderline high
160–189 mg/dL	High
190 mg/dL or more	Very high

## BLOOD PRESSURE

Stages	Systolic (top number)	AND	Diastolic (bottom number)
Normal blood pressure	less than 120	AND	less than 80
High blood pressure Stage 1	130–139	OR	80–89
High blood pressure Stage 2	140 or higher	OR	90 or higher

## DIABETES

**Fasting Glucose: Test is taken while fasting at least 8 hours, usually first thing in the morning.**

Normal	Less than 100 mg/dL
Prediabetes	100–125 mg/dL
Diabetes	126 mg/dL or more

**A1C Test: Measures average blood glucose levels over 2–3 months.**

Normal	Less than 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or higher

ADAPTED FROM: NIH.GOV, DIABETES.ORG



# CONDICIONES CRÓNICAS: CONOCE TUS NÚMEROS



## COLESTEROL

### COLESTEROL TOTAL: HDL + LDL

200 mg/dL o menos	Normal
200-239 mg/dL	Al borde; alto riesgo
240 mg/dL o mas	Muy alto riesgo

### Colesterol HDL

Hombres	40 mg/dL o menos	Alto riesgo a enfermedades del corazón
Mujeres	50 mg/dL o menos	Alto riesgo a enfermedades del corazón

### Colesterol LDL

100 mg/dL o menos	Excelente
100-129 mg/dL	Muy bien
130-159 mg/dL	Al borde alto
160-189 mg/dL	Alto
190 mg/dL o mas	Muy alto

## HIPERTENSIÓN

Etapas	Sistólica (numero arriba)		Diastólica (numero bajo)
Presión Normal	menos de 120	Y	menos de 80
Alta presión Etapa 1	130-139	O	80-89
Alta Presión Etapa 2	140 o mas	O	90 o mas

## DIABETES

**Glucosa en Ayuno:** Se toma en ayuno de por lo menos 8 horas, temprano en la mañana.

Normal	menos de 100 mg/dL
Prediabetes	100-125 mg/dL
Diabetes	126 mg/dL o mas

**Examen A1C:** Mide el promedio de glucosa en la sangre de los últimos 2-3 meses.

Normal	menos de 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% o mas

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