



Know Your Heart Health Numbers™

Use these common measurements to understand the bigger picture, not to judge your health by one result.



Your healthcare provider can help interpret your numbers alongside your age, menopause stage, family history, medications and other risk factors.

1

Blood Pressure



Shows the force of blood against your artery walls. Home readings taken correctly can add useful context to office measurements.

Record: ____ / ____ mm Hg

2

LDL Cholesterol



Carries cholesterol into the bloodstream. The most appropriate LDL-C goal depends on your overall cardiovascular risk.

Record: ____ mg/dL

3

HDL Cholesterol



Helps transport cholesterol away from the arteries. HDL-C is considered as part of the full lipid pattern, not by itself.

Record: ____ mg/dL

4

Triglycerides



A type of fat in the blood that can be influenced by food, alcohol, blood sugar, genetics and other health factors.

Record: ____ mg/dL

5

Non-HDL Cholesterol



Includes cholesterol carried by particles that may contribute to plaque. It can add context beyond LDL-C alone.

Record: ____ mg/dL

6

Blood Sugar & A1c



Glucose is a current snapshot. A1c estimates your average blood sugar over roughly the past 2 to 3 months.

Glucose: ____ mg/dL A1c: ____ %

7

Waist Measurement



Waist size can offer one clue about abdominal fat and metabolic risk, but it should be interpreted with your health history and other measurements.

Record: ____ inches



Optional Markers You May Hear About

ApoB estimates the number of particles that can contribute to plaque. Lipoprotein(a), or Lp(a), is largely inherited. These tests may be useful for some women, but not everyone needs every marker.

Ask at Your Next Visit

- ☐ Which number deserves the most attention?
- ☐ How do my results fit with my overall risk?
- ☐ When should these measurements be repeated?

Gentle Reminder

One result is a snapshot. Repeated measurements and the way your numbers fit together often tell you more.

Martine's Midlife Wellness Tip

Keep copies of your results in one place. Seeing changes over time can make healthcare conversations much clearer.