

PRIMARY AND SECONDARY PREVENTION

Patient Name: _____ Date: _____

	Your Results	Desirable Levels
Fasting Glucose		< 100 mg/dL
Total Cholesterol		< 200 mg/dL
Triglycerides		< 150 mg/dL
HDL ("good")		≥ 40 mg/dL ≥ 60 mg/dL (optimal)
LDL ("bad")		< 100 mg/dL (optimal) ≤ 70 mg/dL (optimal for secondary prevention)
Non-HDL -cholesterol		30 points higher than LDL goal
Creatinine (kidney)		< 1.2 mg/dL
ALT (liver)		< 45 U/L
Potassium		3.5 - 5.0 mEq/L
Hematocrit (red blood concentration)		35-47%
Blood Pressure		
Systolic ("top number")		< 140 mmHg < 120 mmHg (optimal)
Diastolic ("bottom number")		< 90 mmHg < 80 mmHg (optimal)
Pulse		< 100
Height		
Weight		
Body Mass Index [weight (kg) ÷ height ² (m)]		< 25 kg/m ²
Other test results		