

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 | | |