

# Vital Statistics



The tables below list generally accepted ranges for the four main indicators used in assessing a person's overall health. These are general guidelines only. Consult your doctor for your individual health assessment.

| TOTAL BLOOD CHOLESTEROL   |             |                        |           | BLOOD PRESSURE  |           |                        |
|---|-------------|------------------------|-----------|---|-----------|------------------------|
| Calculate your cholesterol ratio by dividing your total cholesterol (measured in milligrams per deciliter) by your HDL. Aim to keep your ratio below 5:1; the optimum ratio is 3.5:1. |             |                        |           | Systolic pressure is the amount of pressure your heart generates when pumping blood into your arteries. Diastolic pressure is the amount of pressure in your arteries when your heart is at rest. |           |                        |
|   | CHOLESTEROL | HDL                    | LDL       |   | SYSTOLIC  | DIASTOLIC              |
| OPTIMAL   | < 200       | > 45                   | < 130     | OPTIMAL   | < 120     | < 80                   |
| BORDERLINE  | 200 – 240   | 35 – 45                | 130 – 160 | BORDERLINE  | 130 – 140 | 85 – 90                |
| AT RISK   | > 240       | < 35                   | > 160     | AT RISK   | > 140     | > 90                   |
| RESTING HEART RATE  |             |                        |           | BODY MASS INDEX   |           |                        |
| Determine your resting heart rate in the morning before physical activity by counting your pulse for 10 seconds, then multiplying by 6.   |             |                        |           | Divide your weight in pounds by your height in inches squared, then multiply that number by 703. [ (pounds/inches²) x 703 ].  |           |                        |
| PEAK CONDITION  |             | 45 – 59                |           | NORMAL  |           | 18.5 – 24.9            |
| AVERAGE   |             | 60 – 80                |           | OVERWEIGHT  |           | 25 – 29.9              |
| AT RISK   |             | > 80                   |           | OBESE   |           | > 29.9                 |
| STANDARD EXAMS, IMMUNIZATIONS AND TESTS   |             |                        |           |   |           |                        |
| WHAT  |             | WHEN                   |           | WHAT  |           | WHEN                   |
| BASIC PHYSICAL  |             | EVERY YEAR             |           | EYE EXAM  |           | EVERY 2 – 3 YEARS      |
| GYNECOLOGICAL EXAM  |             | EVERY YEAR             |           | DERMATOLOGICAL EXAM   |           | EVERY 2 – 3 YEARS      |
| PROSTATE EXAM   |             | EVERY YEAR AFTER 50    |           | BREAST SELF-EXAM  |           | EVERY MONTH AFTER 20   |
| TESTICULAR SELF-EXAM  |             | EVERY MONTH AFTER 20   |           | COLONOSCOPY   |           | EVERY 5 YEARS AFTER 50 |
| MAMMOGRAM   |             | EVERY YEAR AFTER 40    |           | BLOOD SUGAR TEST  |           | EVERY 3 YEARS AFTER 45 |
| CHOLESTEROL TEST  |             | EVERY 5 YEARS AFTER 35 |           | TETANUS SHOT  |           | EVERY 10 YEARS         |
| DENTAL CLEANING   |             | EVERY 6 MONTHS         |           | FLU SHOT  |           | EVERY YEAR AFTER 50    |