

Public Service Announcement



Do You Know Your Numbers?

We all have a lot of numbers to remember, our phone number, apartment number, house number, bank account numbers, even stock market numbers. But what about your heart health numbers, these are the numbers that could save your life.

1. Your blood pressure
2. Your cholesterol levels
2. Your waist size

Healthy numbers mean a healthy heart. If you follow a healthy lifestyle -- eat a balanced diet, get regular exercise, and avoid smoking -- you can even turn bad numbers around.

Nearly one out of three adults has high blood pressure. It's important to have your blood pressure checked regularly to reduce your chances of developing heart disease and stroke. High blood pressure is often called the "silent killer" because you may have it and have no symptoms. Talk to your physician and Know Your Numbers.

Visit the American Heart Association's web site for information and resources on preventing cardiovascular disease, the number one killer of both men and women in the U.S. <http://www.hearhub.org/>

Spread the word in your community about Jefferson County Public Health's HeartWise Program. The [Heart Wise Program](#) provides low-income, under or uninsured women and men with the skills they need to improve diet, physical activity and other lifestyle behaviors to prevent, delay, and control cardiovascular (heart) disease. Call 303-239-7046 to find out if you qualify.

Jefferson County Public Health Educational Handouts:

[Know Your Numbers](#)
[Cholesterol](#)
[Triglycerides](#)