

4 NUMBERS EVERYONE SHOULD KNOW

“Preventing heart disease starts with lifestyle modifications for diet, exercise, stress reduction and smoking cessation,” says Robert Fishberg, MD, a cardiologist with Atlantic Health System. “This, along with knowing your numbers and working with your doctor to catch issues at their earliest stages makes it possible to delay, reverse, and even prevent some diseases.”



Blood Pressure

Should be below
120/80 mmHg



Cholesterol (HDL/LDL)

Should stay below
200 mg/dL

Working Towards Better Health



Fasting Blood Glucose

Should be below
100 mg/dL



Body Mass Index (BMI)

Should be below 24.9



Atlantic Health System