

# Know Your Numbers!

## Why Routine Health Screenings are Important

The Physical, The Health Maintenance Visit, The Yearly, The Wellness Visit, The Annual, The Preventative Care Visit, or The Check-up. No matter what you call it, the purpose is the same. A routine visit, with your Medical Provider to give you the once over, to see if you have developed any problems, hopefully to fix them before they cause any lasting damage.

The recommended frequency of such visits and what screenings are included depends on your medical history, family medical history, age, and gender.

The U.S. Preventive Task Force recommendation for adults 18-49 is every 3 years and annually for those 50 and older. The standard screening for all adults includes a physical exam, height, weight, Body Mass Index (BMI), blood pressure, skin cancer, and an immunization record review with age appropriate vaccines given at the visit. Additional screening recommendations including blood sugar, cholesterol/triglycerides, pap/HPV/pelvic and other cancers that are age and gender specific.

Height and weight speak for themselves but when combined to determine your BMI can be confusing. According to the Centers for Disease Control and Prevention (CDC), BMI is a person's weight in Kilograms divided by the square of their height in meters. In other words, it is the numerical value of your weight in relation to your height. A BMI between 18.5 and 25 indicates a normal weight. Less than that is considered underweight, a number between 25 and 29.9 is considered overweight and a BMI of 30 or more is considered Obese.

Blood Pressure; what is it and what do the numbers mean? Blood pressure measures the pressure of your blood inside your veins, arteries, and heart. Your blood pressure rises with every beat of your heart and falls again when your heart relaxes between beats. The Top or first Number is your systolic measures, this is the reading of the pressure at its highest peak and the second or bottom number indicates the pressure when your heart is relaxed.

An adult blood pressure reading is considered "normal" if the top number is less than 140 and the bottom number is less than 80. Recently the numbers are being discussed to include a different range for those persons age 80 and above. If your blood pressure is above the normal reading (top and/or bottom number) you are said to have Hypertension (High Blood Pressure). Discuss your blood pressure reading with your medical provider to develop a treatment plan

While not recommended for all ages, blood sugar, cholesterol and triglyceride screenings are frequently included.

Blood glucose is the measure of glucose (a type of sugar) in your blood. It comes from the food you eat and is delivered by the blood to your body's cells, which provide the body's main source of energy. A normal fasting (Minimum of 8 hours with no food or drink except water) blood sugar is a reading less than 100. If your reading is above 100 your provider may order additional tests to rule out Diabetes.

Cholesterol is a fatty substance made by your body. Your body needs it to make hormones, vitamin D and substances that aid in the digestion of food. The amount of cholesterol your body needs for these functions is produced within the body, mainly in the liver. Cholesterol is also found in foods such as meat, poultry, and full-fat dairy products. A diet high in saturated and trans fats causes your liver to produce more Cholesterol, which may result in more than your body needs.

There are 2 types of cholesterol. High Density Lipoproteins (HDL) or “Good” and Low Density Lipoproteins (LDL) or “Bad”. Total Cholesterol is the measure of both of these plus Triglycerides, another type of fat found in the blood. As your body needs these fats, it is important to maintain a healthy amount of these for proper body function. The chart below indicated what are good and bad reading.

<b>Test</b>	<b>Low (This is bad)</b>	<b>Good (This is Good)</b>	<b>Borderline</b>	<b>High (This is Bad)</b>
<b>HDL (Good)</b>	<b>39 and lower</b>	<b>40 and Higher</b>		
<b>LDL (Bad)</b>		<b>100 and Lower</b>	<b>130 - 159</b>	<b>160 and Higher</b>
<b>Triglycerides</b>		<b>149 and Lower</b>	<b>150-199</b>	<b>200 and Higher</b>
<b>Total Cholesterol</b>		<b>200 and Lower</b>	<b>200-239</b>	<b>240 and Higher</b>

Maintaining a healthy weight has been linked to a more active lifestyle due to fewer joint and muscle pains and more energy resulting in increased activity, which can lower your risk of developing high blood pressure, Type 2 Diabetes, and High Cholesterol. Maintaining normal blood test results and a healthy weight reduces the burden on your heart, thus reducing your risk of developing heart disease.

#### Upcoming Community Events

Spooner Health will be hosting its annual Health Fair, Saturday August 5, 2017, 9 am-12PM. Free screenings offered will include blood pressure, blood glucose (fasting), and a cholesterol profile. A Kids’ Corner and Chair Massages will also be available. In addition, many area Service Providers will be onsite providing Health Education and Services Information.

#### Local Screening Resources

Essentia Health, Indianhead Medical Center, NorthLakes Community Clinic, Shell Lake Clinic, Spooner Health, Stone Lake Clinic, The Rice Lake Area Free Clinic, The Washburn County Health Department, and Wisconsin Well Woman Program @ Polk County Health Department, 715-485-8500.

#### Local Application Assistance for Health Care Coverage

**Affordable Care Act:** NorthLakes Community Clinic – Minong 715-466-2201 and Hayward 715-634-2541 and Northwest CEP 715-635-2175.

**BadgerCare Programs:** NorthLakes Community Clinic – Minong 715-466-2201 and Hayward 715-634-2541 and Washburn County Health Department at 715-635-4400.

#### Health Education Resources

The resources used in this article and additional resources related to the topics include your medical provider, local hospitals, Washburn County Health Department, [www.cancer.org](http://www.cancer.org), [www.cdc.gov](http://www.cdc.gov), [www.heart.org](http://www.heart.org), [www.hlm.nuh.gov](http://www.hlm.nuh.gov), and [www.mayoclinic.org](http://www.mayoclinic.org).