

THREE NUMBERS MOVE BEFORE YOU FEEL ANYTHING

nuSTART

Blood pressure, blood sugar, cholesterol: what each means, and a two-minute place to start.



These numbers drift quietly.

A number can creep up for years without a single symptom. Catch it early, and a small change is usually enough.

One routine physical can check all three, and most plans cover one as preventive care. If it has been more than a year, schedule one this month and you will know where all three stand.



CHALLENGE OF THE MONTH

Pick the number you understand least, and ask about it at your next visit.

- **Blood pressure:** what do both numbers mean?
- **Blood sugar:** have I had an A1C test?
- **Cholesterol:** which part matters most for me?

Walking past a pharmacy this week? Many pharmacies have a free blood-pressure machine, and it takes about two minutes.

BLOOD PRESSURE

Why it matters: the force of blood pushing on your artery walls. High blood pressure usually has no symptoms, yet over time it strains the heart, brain and kidneys and raises the risk of heart attack and stroke. The only way to know yours is to check.

BLOOD SUGAR

Why it matters: the sugar (glucose) in your blood, your body's fuel; an A1C test averages the last three months. Levels that stay high can signal prediabetes or diabetes, which quietly damage blood vessels, nerves, eyes and kidneys.

CHOLESTEROL

Why it matters: three blood fats, read together. LDL can build up inside artery walls, HDL helps carry it away, and triglycerides store the calories you did not burn. High LDL raises the risk of heart disease and stroke; high triglycerides add heart-disease risk of their own.

IF A NUMBER COMES BACK HIGH

Bring it to your primary care provider and build a plan together. A number outside the range tells you where to start. A healthy range differs from person to person.

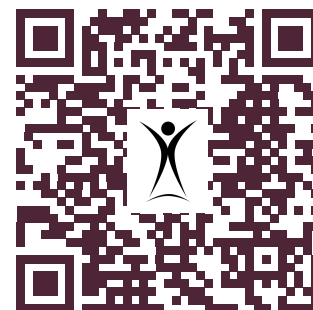
SEPTEMBER WELLNESS STATION

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