

Health Night — your take-home sheet

Everything from tonight on one page. Free to copy and share. Education only — not medical advice.

1 • YOUR FIVE NUMBERS

NUMBER	GENERAL HEALTHY RANGE	WHAT IT TELLS YOU
 Blood pressure	Under 120/80 mm Hg	The force in your arteries. Usually causes no symptoms — it is measured, not felt.
 Cholesterol	Total under 200 mg/dL · triglycerides under 150 mg/dL	LDL delivers, HDL cleans up. Ask what <i>your</i> LDL target is.
 Blood sugar	A1C below 5.7% · fasting below 100 mg/dL	A1C is a 3-month average. The 5.7–6.4% range is prediabetes — usually silent.
 Weight & waist	BMI 18.5–24.9 · waist under 40 in (men) / 35 in (women)	Waist catches what BMI misses. Measure at the belly button, breathing out. Cutoffs can be lower for some ancestries (for example South or East Asian) — ask your doctor.
 Resting heart rate	60–100 beats per minute	Free to check: two fingers on your wrist, count 30 seconds, double it.

2 • THE 2-MINUTE CALF PUMP

Your calves are your second heart. Each squeeze pushes blood back up your legs against gravity; one-way valves keep it from sliding back.

1. **Standing:** hold a chair or wall. Rise slowly onto the balls of your feet, lower slowly. Repeat gently, 2 minutes.
2. **Seated (equally good):** heels on the floor, lift your toes toward your knees, then press them down. 2 minutes.
3. **When:** every hour of a long sit, on long trips, at a red light, at the sink.

Only do what feels safe for your body. Stop if you feel dizzy, short of breath, or any pain — and ask your doctor before starting anything new.

3 • THREE QUESTIONS FOR EVERY VISIT

1. "What do you think is causing this — **and what else could it be?**"
2. "What should I watch for — **what would mean I call you, or call 911?**"
3. "What's the next step — **and what happens if we do nothing?**"

Bonus: ask for the answer to #2 **in writing** before you leave. It takes fifteen seconds and it's the note you'll actually remember.

4 • WHEN IT'S 911 — NOT WAIT-AND-SEE

- **Chest** pain, pressure or squeezing — especially spreading to arm, jaw, neck or back, or with cold sweat, nausea or breathlessness
- **Stroke — B.E. F.A.S.T.:** sudden loss of **B**alance · **E**yes/vision · **F**ace droop · **A**rm weakness · **S**peech trouble · **T**ime to call
- **Sudden trouble breathing**, or breathlessness out of nowhere
- **One leg** suddenly painful, swollen, warm or red *together with* breathlessness or chest pain (a swollen leg on its own: get seen the same day)
- Fainting · a seizure · sudden confusion · the worst headache of your life
- Coughing up blood · severe bleeding that won't stop · thoughts of harming yourself (in the U.S., call or text **988**)

Call 911 (or your local emergency number). Don't drive yourself. Don't wait to see if it passes. It is always okay to call and be told it was nothing.

5 • KEEP LEARNING — FREE, IN ENGLISH & SPANISH



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Dr. Schamma Salomon, MD, FACP — board-certified in Internal Medicine, practicing Vascular Medicine in Texas. Ranges shown are general adult reference values from the American Heart Association / American College of Cardiology, CDC, NHLBI, MedlinePlus and Mayo Clinic; your own doctor sets your personal targets, which may be different.

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