

## The Health Numbers worth knowing:

(an information sheet for patients)


You don't need to know every number. Just the ones that help you stay well.

### Helpful numbers to know:

- **Blood pressure** – because it affects your heart, brain, and kidneys
- **Blood sugar / HbA1c** – to understand diabetes or future risk
- **Cholesterol (or heart risk)** – part of your overall heart health picture
- **Weight or waist size** – as one indicator of health, not a judgement
- **Smoking status** – stopping at any age improves health

### Just as important as numbers:

- Can you do daily activities comfortably?
- Do you have enough energy for the things that matter to you?
- Are pain, breathlessness, or low mood limiting your life?

 **Numbers should help you make decisions — not make you feel judged.**

Always ask: "What does this mean for me?"

My numbers	Date:.....	Date: .....
Blood pressure		
Waist		
Weight		
BMI		
HbA1c		
Smoking		
Total cholesterol		
LDL or nonHDL cholesterol		
<b>And some not-numbers</b>		
Can I climb a flight of stairs?		
Do I have enough energy?		
Am I bothered by pain or breathlessness?		
Does my mood limit what I can do?		