

UC DAVIS WOMEN'S CARDIOVASCULAR MEDICINE PROGRAM



RECOMMENDED CLINICAL PARAMETERS FOR CARDIOVASCULAR DISEASE PREVENTION IN WOMEN

Clinical Parameters

FASTING BLOOD SUGAR (FBS): < 100 mg/dl

TOTAL CHOLESTEROL (TC): < 200 mg/dl

HDL CHOLESTEROL (HDL): > 50 mg/dl

LDL CHOLESTEROL (LDL): < 100 mg/dl

SYSTOLIC BLOOD PRESSURE (SBP): < 120 mmHg

DIASTOLIC BLOOD PRESSURE (DBP): < 80 mmHg

BODY MASS INDEX (BMI):

18-24.9 Desirable

25-30 overweight

>30 obese

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