

KNOW YOUR NUMBERS

As adults, we know how important it is to go to the doctor on an annual basis and get routine blood work done. It is also important to monitor our health and test results over the years. While we may not understand what all our numbers mean, the experts at NorthShore do, and they are helping us understand what a healthy range is for the average adult.*

CHOLESTEROL

HDL (good) }  **>40** mg/dL  **>50** mg/dL

LDL (bad) } **<130** mg/dL

TOTAL } **<200** mg/dL

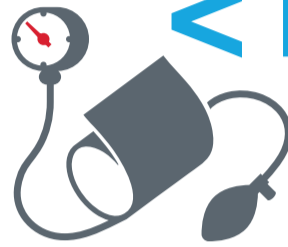
TEMPERATURE



98.6°F

Most people's oral body temperature, +/- 0.6 degrees.

BLOOD PRESSURE



<120/80

Is a good reading. Anything over 130/80 is considered high.

GLUCOSE

Fasting glucose level should be:

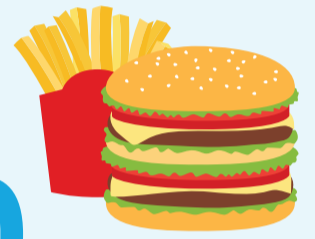


<100 mg/dL

TRIGLYCERIDES

Healthy

<150 mg/dL



CALCIUM

Adults

8.8-10.4 mg/dL



Children

6.7-10.7 mg/dL

VITAMIN D

Healthy

32-50 ng/mL

Deficiency

<30 ng/mL



SODIUM

Normal

136-145 mEq/L



WAISTLINE



Should be smaller than:

40" 

35" 

18.6-24.9

Healthy body mass index



PULSE

60-100 beats per minute



Indicates a healthy resting heart rate. People who are fit tend to have a lower resting pulse rate.

BLOOD PLATELETS

150,000-400,000

The normal number of platelets in the blood per μ L.

