



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Know Your Numbers

Karen C. Nelson, Cardiothoracic Surgeon, Med Center Health Heart, Lung and Vascular Surgeons

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

One of the first steps to improving your health is knowing your important health numbers. Key markers of health, like cholesterol, blood pressure, blood sugar and body mass index or BMI, can tell you and your doctor about your risk for many illnesses, including stroke, kidney disease, diabetes and heart attack.

[DR NELSON]

You should begin checking your numbers regularly in your twenties. When we're in our twenties, we eat and drink pretty much what we want, usually; but, it's when we're in our late twenties, early thirties, that our numbers start to change. So, the sooner we start checking our numbers, the more active role in preventing high cholesterol, high blood pressure, diabetes, the more likely we are to have a longer, healthier life.

These numbers can definitely be brought down to the normal levels with diet, exercise – but, occasionally, patients need help with medication.

[NARRATOR]

Having these numbers on file helps your doctor better understand your health, monitor your progress, and advise you on treatments and lifestyle changes. Knowing your levels can help you choose specific health goals, like lowering your cholesterol and can be a motivating factor in making new, healthier habits.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

[MUSIC]