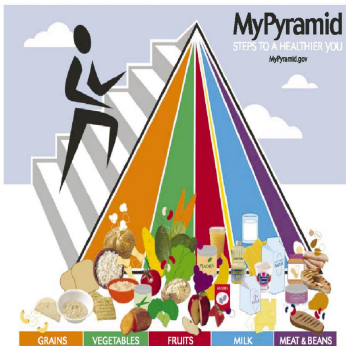




www.americanheart.org



AAPI Consensus Target Numbers to prevent CAD in Indian men and women by CAD Committee of AAPI

Non HDL Cholesterol < 130 mg/dl; in Diabetics < 100 mg/dl
(Total Cholesterol - HDL Cholesterol = Non HDL Cholesterol)

LDL Cholesterol < 100 mg/dl; in Diabetics & known CAD < 70 mg/dl

HDL Cholesterol > 40 mg/dl in men; in women > 50 mg/dl

Waist Circumference < 35 inches in men; in women < 31 inches

Hemoglobin A1c should be less than 6.5

Blood Pressure < 130/80 mm; in Diabetics < 120/70 mm

Quit Smoking • Exercise for more than 30 minutes every day

Heart Healthy Diet • Physician supervised medications to achieve target numbers

With compliments of www.heartsmart.info - pkotha@heartsmart.info