

KNOW YOUR NUMBERS

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Blood Pressure

Blood Pressure

| Blood Pressure Classification | Systolic Blood Pressure (mmHg) | Diastolic Blood Pressure (mmHg) |
|-------------------------------|--------------------------------|---------------------------------|
| Normal | <120 | and <80 |
| Pre-hypertension | 120-139 | or 80-84 |
| Stage 1 | 140-159 | or 90-99 |
| Stage 2 | ≥ 160 | ≥ 100 |

NO Previous Diagnosis of Hypertension

| Category | Recommendation(s) |
|--|--|
| Normal ($<120/<80$) | Lifestyle modification Recheck BP in 2 years |
| Pre-Hypertension (120-139/80-89) | Discuss risks of high BP Lifestyle modification Follow-up with physician within 1 year for further evaluation |
| Stage 1 (140-159/90-99) | Discuss risks of high BP Lifestyle modification Follow-up with physician within 2 months for further evaluation |
| Stage 2 (160-179/100-109) | Discuss risks of high BP Lifestyle modification Follow-up with physician within 1 month for further evaluation |
| Hypertensive Crisis ($\geq 180/\geq 110$) | Discuss risks of high BP Refer to Emergency Room |

YES Previous Diagnosis of Hypertension

| Category | Recommendation(s) |
|--|--|
| At Goal ($<140/90$ or $<130/80$) | Continue current treatment plan Lifestyle modifications |
| Not at Goal: Stage 1 Hypertension (140-159/90-99) | Discuss risks of high BP Lifestyle modifications Evaluate current treatment regimen, compliance, barriers to care, self-monitoring Follow-up with physician within 2 months for further evaluation |
| Not at Goal: Stage 2 Hypertension (160-179/100-109) | Discuss risks of high BP Lifestyle modifications Evaluate current treatment regimen, compliance, barriers to care, self-monitoring Follow-up with physician within 1 month for further evaluation |
| Not at Goal: Hypertensive Crisis ($\geq 180/\geq 110$) | Discuss risks of high BP Refer to Emergency Room |

Blood Pressure

| Non-Pharmacological Remedies | Blood Pressure Reduction |
|------------------------------|--------------------------|
| Dash Diet | 8-14 mmHg |
| Weight Loss | 5-20 mmHg/10kg |
| Limit Alcohol | 2-4 mmHg |
| Exercise | 4-9 mmHg |



Cholesterol

LDL

| Risk Category | LDL Goal | LDL level at which to initiate lifestyle modifications | LDL level at which to initiate drug therapy |
|---|--|--|---|
| High Risk CHD or CHD Risk Equivalent or 10 year risk >20% | <100 If high risk consider <70 | ≥100 | ≥100 |
| Moderate High Risk ≥2 risk factors and 10 year risk 10-20% | <130 | ≥130 | ≥130 |
| Moderate Low Risk ≥2 risk factors and 10 year risk <10% | <130 | ≥130 | ≥160 |
| Low Risk | <160 | >160 | >190 |

LDL

Major Cardiovascular Risk Factors

Hypertension (<140/90 or taking BP medication)

Low HDL (<40mg/dL)

Smoker (any smoking within past month)

Age

Men >45 years old

Women >55 years old

Family History of premature cardiovascular disease

1st degree male <55 years old

1st degree female <65 years old

High HDL (>60mg/dL)

Negative risk factor,

CHD and CHD Equivalents

Angina (stable or unstable)

Previous heart attack

Previous PCI

Previous CABG

Coronary Artery Disease

Peripheral Artery Disease

Abdominal Aortic Aneurysm

Carotid Artery Disease

Diabetes

10 year risk score $\geq 20\%$

NOT on Drug Therapy for LDL

| Category | Recommendation(s) |
|--|--|
| LDL level is at or below goal | Lifestyle modification Follow-up with physician for repeat in ≤1 year if High Risk ≤2 years if Moderate Risk ≤5 years if Low Risk |
| LDL level NOT at goal AND Drug therapy NOT recommended | Lifestyle modification Follow-up with physician with 6-12 months |
| LDL level NOT at goal AND Drug therapy is recommended | Lifestyle modification Follow-up with physician within 3-6 months |

YES on Drug Therapy for LDL

| Category | Recommendation(s) |
|-------------------------------|---|
| LDL level is at or below goal | Continue current regimen Lifestyle modification Follow-up with physician for repeat within 6-12 months |
| LDL level NOT at goal | Continue current regimen Lifestyle modification Evaluate current treatment regimen, compliance, barriers to care Follow-up with physician for repeat and therapy modification within 3-6 months |

Triglycerides

| Triglycerides | Recommendation(s) |
|----------------------------|---|
| Normal <150 | Lifestyle modification |
| Borderline High 150-199 | Lifestyle modification Weight reduction Increase physical activity Blood glucose control |
| High 200-499 | Lifestyle modification Weight reduction Increase physical activity Blood glucose control Drug therapy can be considered |
| Very High ≥500 | At risk for acute pancreatitis Refer to Emergency Room for treatment |

HDL

| HDL | Recommendation(s) |
|------------------|--|
| Low <40 | Lifestyle modification Smoking cessation Increased physical activity Drug therapy can be considered |
| Average 40-60 | Continue lifestyle modification |
| Elevated >60 | Protective against cardiovascular disease Continue lifestyle modification |



Blood Sugar

Blood Sugar

Fasting Plasma Glucose

- Normal <100 mg/dL
- Prediabetes 100-125 mg/dL
- Diabetes ≥ 126 mg/dL



Body Mass Index (BMI)

Body Mass Index

| | NORMAL | | | | | | OVERWEIGHT | | | | | OBESE | | | | | | | | | EXTREME OBESITY | | | |
|-------------------------|--------------------|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----------------|-----|-----|-----|
| BMI | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 |
| Height (Feet-Inches) | Weight (Pounds) | | | | | | | | | | | | | | | | | | | | | | | |
| 4' 10" | 91 | 96 | 100 | 105 | 110 | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 148 | 153 | 158 | 162 | 167 | 172 | 177 | 181 | 186 | 191 | 196 | 201 |
| 4' 11" | 94 | 99 | 104 | 109 | 114 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 173 | 178 | 183 | 188 | 193 | 198 | 203 | 208 |
| 5' 00" | 97 | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 174 | 179 | 184 | 189 | 194 | 199 | 204 | 209 | 215 |
| 5' 01" | 100 | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | 169 | 174 | 180 | 185 | 190 | 195 | 201 | 206 | 211 | 217 | 222 |
| 5' 02" | 104 | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 169 | 175 | 180 | 186 | 191 | 196 | 202 | 207 | 213 | 218 | 224 | 229 |
| 5' 03" | 107 | 112 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 174 | 180 | 186 | 191 | 197 | 203 | 208 | 214 | 220 | 225 | 231 | 237 |
| 5' 04" | 110 | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 175 | 180 | 186 | 191 | 197 | 204 | 209 | 215 | 221 | 227 | 232 | 238 | 244 |
| 5' 05" | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228 | 234 | 240 | 246 | 252 |
| 5' 06" | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 198 | 204 | 210 | 216 | 223 | 229 | 235 | 241 | 247 | 253 | 260 |
| 5' 07" | 121 | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242 | 249 | 255 | 261 | 268 |
| 5' 08" | 125 | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 204 | 210 | 216 | 223 | 230 | 236 | 243 | 249 | 256 | 262 | 269 | 276 |
| 5' 09" | 128 | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 263 | 270 | 277 | 284 |
| 5' 10" | 132 | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 209 | 216 | 222 | 229 | 236 | 243 | 250 | 257 | 264 | 271 | 278 | 285 | 292 |
| 5' 11" | 136 | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 236 | 243 | 250 | 257 | 265 | 272 | 279 | 286 | 293 | 301 |
| 6' 00" | 140 | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 242 | 250 | 258 | 265 | 272 | 279 | 287 | 294 | 302 | 309 |
| 6' 01" | 144 | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | 242 | 250 | 257 | 265 | 275 | 280 | 288 | 295 | 302 | 310 | 318 |
| 6' 02" | 148 | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 249 | 256 | 264 | 272 | 280 | 287 | 295 | 303 | 311 | 319 | 326 |
| 6' 03" | 152 | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 279 | 287 | 295 | 303 | 311 | 319 | 327 | 335 |
| 6' 04" | 156 | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 254 | 263 | 271 | 279 | 287 | 295 | 304 | 312 | 320 | 328 | 336 | 344 |



Body Mass Index

Does not account for:

- Gender
- Body type
- Muscle mass



Metabolic Syndrome

Metabolic Syndrome

- Combination of five components
 - Increased risk of cardiovascular disease and diabetes
1. Increased waist circumference
 - Men >40 inches
 - Women >35 inches

Metabolic Syndrome

2. High Triglycerides

- >150 mg/dL

3. Reduced HDL

- Men <40 mg/dL
- Women <50 mg/dL

Metabolic Syndrome

4. Increased blood pressure

- $\geq 130/85$ mmHg
- Or use of blood pressure medication

5. Increased fasting glucose

- >100 mg/dL
- Or use of hyperglycemia medication



Let's Set some goals!

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University
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Know Your Numbers Goal Setting

| | Your Number | Your Goal | Your Plan |
|------------------------|-------------|-----------|-----------|
| Blood Pressure | | | |
| LDL | | | |
| Triglycerides | | | |
| HDL | | | |
| Fasting plasma glucose | | | |
| BMI | | | |