Know your BP, sugar, cholesterol, and Cuore Score—and what they tell you

Your health numbers are more than just digits. They’re signals from your body, showing how your heart, blood vessels, and metabolism are doing.

**1. Blood Pressure (BP)**

* **Normal:** Below 120/80 mmHg
* **High:** 130/80 mmHg or more  
  High BP makes your heart work too hard and silently damages the brain, kidneys, eyes, and heart.

**2. Blood Sugar (Glucose)**

* **Fasting sugar:** Below 100 mg/dL
* **Post-meal (2 hours):** Below 140 mg/dL
* **HbA1c:** Below 5.7% (or <7% if you already have diabetes)  
  High sugar over time injures nerves, kidneys, eyes, and blood vessels.

**3. Cholesterol**

* **LDL (bad):** Under 100 mg/dL
* **HDL (good):** Above 40 mg/dL (men), 50 mg/dL (women)
* **Triglycerides:** Under 150 mg/dL  
  Unhealthy cholesterol levels raise the risk of heart attack and stroke.

**4. Cuore Score**  
This combines BP, sugar, cholesterol, weight, lifestyle, and past history into one simple risk score. A lower score = higher risk. It helps track progress and spot problems early.

**Why It Matters**  
Knowing your numbers puts you in control. Tracking them regularly lets you act before symptoms appear. Share your results with your doctor or caregiver, and use them to guide your daily habits.

These numbers tell your health story—read them, understand them, and use them to stay well.