

Mayo Clinic Minute

Do you know these important health numbers?

VIDEO	AUDIO
	When it comes to health numbers, ...
Vandana Bhide, M.D.	" ... everybody has to start somewhere."
	And a good "somewhere" is your doctor's scale, according to internal medicine physician Dr. Vandana Bhide.
Title: Vandana Bhide, M.D. Internal Medicine Mayo Clinic	"What is your weight? What is your height? What is your body mass index?"
Graphic: BMI: Body mass index	It's also called a BMI. Dr. Bhide says a BMI reading can indicate if you are carrying too much body fat.
Vandana Bhide, M.D.	"Are you overweight? Are you obese?"
	<i>Sound of a blood pressure cuff being inflated</i>
Graphic: Blood pressure 120/80	Extra pounds can push up your blood pressure reading – another number you should know. The American Heart Association says yours should be less than 120 over 80.
Vandana Bhide, M.D.	"And, then, of course, there's blood tests that are important."
Graphic: Blood glucose Cholesterol	Dr. Bhide says these tests reveal things like a blood glucose level, an indicator of your diabetes risk, and your cholesterol reading, a marker for heart disease – two more numbers to know and to track with your doctor on regular basis.
Vandana Bhide, M.D.	"I think it's important for everybody to see their doctor at least once a year."
	For the Mayo Clinic News Network, I'm Jeff Olsen.