

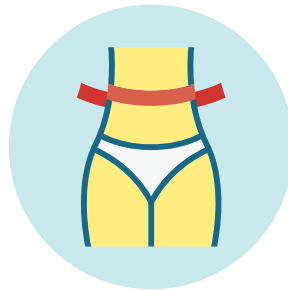
WELLNESS CHECKLIST FOR WOMEN OVER 50

If you haven't been to your doctor in a while and you're over 50, plan a visit soon. Surprisingly, health issues like high cholesterol, blood pressure and blood sugar levels can have an impact on your bladder and kidneys. Here are a few numbers you should know to stay healthy.

NUTRITION FACTS



A body mass index (BMI) between **18.5** and **24.9** suggests a normal weight. A person with a BMI of **30** or higher may be considered obese. Obesity is linked to a higher risk of kidney stones.



NORMAL BMI
18.5-24.9



1600-2000 - Normal number of calories a fairly active woman over 50 should consume.



1600-2000
CALORIES/DAY



2,300 milligrams per day – Limit of recommended salt intake. Consuming less salt helps lower blood pressure and may slow down kidney failure.



2,300
MG SALT/DAY

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IDEAL NUMBERS FOR YOUR HEART HEALTH

190 mg/dL

or under:
Healthy total cholesterol level



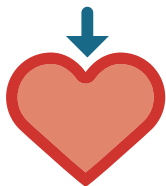
120/80

Normal, healthy blood pressure



Under
100 mg/dL

Healthy blood sugar level
(diabetes is a major risk factor for kidney and heart disease)



Under

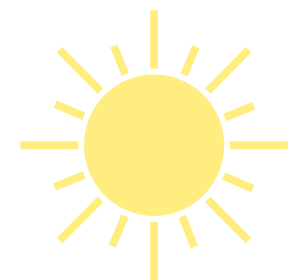
100 mg/dL

Optimal LDL or
"bad" cholesterol level



60-100

beats per minute:
Ideal resting heart rate



20-50

nanograms per milliliter (ng/mL) – normal range for vitamin D levels. As well as maintaining healthy bones, research suggests vitamin D may also protect against heart disease.



60 mg/dL

or over: Healthy HDL or "good" cholesterol level

Less than
150 mg/dL

Healthy triglyceride level

