

### **Meaning of Cholesterol Numbers**

A good rule to follow is that any "total" cholesterol reading below 200 is good and anything over 240 indicates that your risk for developing cardiovascular disease is increasing. For your information, your LDL cholesterol should measure below 130 and your HDL cholesterol should range between 35 and 40. When the HDL, or "good" cholesterol, reaches 60 or higher you are actually reducing your chance of heart attack.

The cholesterol values reported to donors are total cholesterol only and not further defined. Lipid profile testing, that would provide HDL, LDL, etc., would require a sample collected after an overnight fast. Fasting is not recommended before blood donation; therefore, further detailed testing cannot be provided from a non-fasting sample.

### **Categories for Blood Pressure Levels in Adults**

(Ages 18 Years and Older)

	<b>Blood Pressure Level (mmHg)</b>		
<b>Category</b>	<b>Systolic</b>		<b>Diastolic</b>
Normal	< 120	and	< 80
Prehypertension	120-139	or	80-89
<b>High Blood Pressure</b>			
Stage 1 Hypertension	140–159	or	90–99
Stage 2 Hypertension	≥ 160	or	≥ 100
<b>Legend</b>			
< means LESS THAN			
≥ means GREATER THAN OR EQUAL TO			

**\*NOTE:** *Some people feel anxious or nervous before blood donation. This anxiety may cause your blood pressure or pulse to be a little higher than if you were completely relaxed.*

### **Pulse (Normal resting heart rate)**

Many factors affect normal heart rate, including age, activity level, and the time of day. The chart below shows the normal range of a resting heart rate (pulse rate after resting 10 minutes) in beats per minute, according to age. In general, the lower your resting heart rate, the more efficient your heart is and the healthier you are.

<b>Resting heart rate</b>	
Age or fitness level	Beats per minute (bpm)
Babies to age 1:	100–160
Children ages 1 to 10:	60–140
Children age 10+ and adults:	60–100
Well-conditioned athletes:	40–60

Your pulse usually has a steady, regular rhythm. An occasional pause or extra beat is normal. Talk to your health professional if you notice frequent skipped or extra beats. Normally, your heart rate increases slightly when you inhale deeply and drops slightly as you exhale. You can check this normal change in your pulse rate by changing your breathing pattern while taking your pulse.

### ***What is normal body temperature?***

A normal body temperature is usually referred to as an oral temperature of 98.6 °F(37 °C), but that is an average of normal body temperatures. Many healthy people have a temperature 1°F (0.6°C) or more above or below 98.6 °F(37 °C). Also, normal body temperature varies by 0.5°F (0.3°C) to 1°F (0.6°C) throughout the day, depending on a person's activity level, the time of day, and other variables, including whether a woman is ovulating or having her menstrual period.

### ***What is a fever?***

In adults, an oral temperature above 100 °F (37.8 °C) or a rectal or ear temperature above 101 °F (38.3 °C) is sometimes considered a mild fever.

*Since a fever is a sign of possible infection, blood will not be collected from a donor who has an oral temperature above 99.5°F (37.5°C) to protect blood recipients from a potentially dangerous blood product.*

### ***Height Weight Table***

<b>Height</b>	<b>Acceptable Weight Range ages 19-34</b>	<b>Acceptable Weight Range ages 35+</b>
<b>5 feet 0"</b>	97-128 pounds	108-138 pounds
<b>5 feet 1"</b>	101-132	111-143
<b>5 feet 2"</b>	104-137	115-148
<b>5 feet 3"</b>	107-141	119-152
<b>5 feet 4"</b>	111-146	122-157
<b>5 feet 5"</b>	114-150	126-162
<b>5 feet 6"</b>	118-155	130-167
<b>5 feet 7"</b>	121-160	134-172
<b>5 feet 8"</b>	125-164	138-178
<b>5 feet 9"</b>	129-169	142-183
<b>5 feet 10"</b>	132-174	146-188
<b>5 feet 11"</b>	136-179	151-194
<b>6 feet 0"</b>	140-184	155-199