

OFFICER HEALTH WATCH

Taking Control of Your Personal Health





Cholesterol is a waxy substance in your blood that helps your body produce cells. Consuming fatty foods containing cholesterol can provide your body with too much of the substance, leading to artery build up. Check your cholesterol levels with your doctor and change your diet to maintain a healthy level.

<https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>



High blood pressure is common among adults, but it is important to manage it because of the impact on your overall health. Routinely check your blood pressure. Adults should have a normal blood pressure of 120/80 mmHg.



The first number, called **systolic blood pressure**, measures the pressure in your arteries when your heart beats. The second number, called **diastolic blood pressure**, measures the pressure in your arteries when your heart rests between beats.



While it might be tempting to rely on **caffeine** to keep you feeling alert, it is a stimulant that can cause severe disturbances to the heart and nervous system when consumed in large quantities. Consider swapping out that extra energy drink or third cup of coffee for improved sleep hygiene and water consumption.

