

HEALTH SCREENING ANSWERS AND ADVICE FOR:

Cholesterol
Lung Function
Body Fat
Blood Pressure
Sleep Apnea
CHOLESTEROL

What should my cholesterol level be?

Your total cholesterol should be less than 200mg/dL.

Your goal for your LDL (“bad”) cholesterol will depend on your risk factors. Consult with your primary care provider to determine what your LDL level should be for your risk profile.

What can I do if my cholesterol is too high?

Lose Excess Weight
Eat Heart-Healthy Foods
Exercise Regularly
Drink Only in Moderation
Stop Smoking
Take Medication if Prescribed

BLOOD PRESSURE

What should my blood pressure be?

The top number (systolic) should be less than 140. The bottom number (diastolic) should be less than 90? If **either** or both of these numbers are elevated, you have high blood pressure.

What can I do if my blood pressure is too high?

Lose Excess Weight
Reduce Salt in Your Diet
Exercise Regularly
Limit Alcohol Intake
Stop Smoking
Take Medication if Prescribed

Consult a physician immediately if your blood pressure is elevated. High blood pressure affects your heart, vessels, brain, kidneys, and other organs even if you don’t have symptoms.

Lakewood Hills Internal Medicine
Call 972-231-8883 for an appt.

BODY FAT ANALYSIS

What does BMI stand for and what does it tell me?

BMI stands for body mass index. It is calculated based on your weight and your height. It is an indirect measure of the amount of fat in your body.

What should my BMI be?

A desirable BMI is less than 25. See the table below to determine if your BMI is in a healthful range.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese
40.0 and Above	Morbidly Obese

Being overweight or obese is associated with increased risk of high blood pressure, high cholesterol, heart disease, stroke, diabetes, sleep apnea, and some forms of cancer. Consult with your primary care provider to determine a plan for reaching and maintaining a healthful weight. Don’t procrastinate when it comes to your health. Make an appointment today.

LUNG FUNCTION TESTS

Lung function tests (also called pulmonary function tests, or PFTs) evaluate how well your lungs work. The tests determine how much air your lungs can hold, how quickly you can move air in and out of your lungs, and how well your lungs put oxygen into and remove carbon dioxide from your blood. The tests can diagnose lung diseases, measure the severity of lung problems, and check to see how well treatment for a lung disease is working.

SLEEP APNEA

Sleep apnea means that you stop breathing for 10 or more seconds during sleep. People with sleep apnea often snore and experience drowsiness during the day because of the poor quality of their sleep. Depending on the type and severity sleep apnea may be treated with weight loss, surgery to remove tonsils, or a CPAP machine that helps with breathing. Untreated sleep apnea can be associated with higher risk for high blood pressure, abnormal heart rhythm, stroke and depression.

ACCEPTING NEW PATIENTS:

LAKWOOD HILLS INTERNAL MEDICINE

PRIMARY CARE
THAT LISTENS TO YOU

399 WEST CAMPBELL ROAD
MEDICAL PLAZA 2, SUITE 102
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Dr. Felicia Lewis received her undergraduate degree in molecular biology from Harvard University. She received both her MD and internal medicine residency training at the University of Tennessee Memphis College of Medicine. She is board-certified in general internal medicine by the American Board of Internal Medicine.



“I view my relationship with my patients as a life-long partnership to address all of their primary care needs.”

PRIMARY CARE
THAT LISTENS TO YOU

Driving Directions:

From highway 75/ North Central Expressway take the Campbell Road exit heading west. Continue through the first intersection (North Collins Boulevard). Turn left on Canyon Creek Drive to enter the Richardson Regional Medical Center campus. Upon entering the campus, immediately turn left. Continue past the Emergency Room until the drive ends in the east parking lot at Medical Plaza 2. Complimentary valet parking is available. Lakewood Hills Internal Medicine (Suite 102) is the first door on your right after entering the main double doors. We look forward to meeting you.



Lakewood Hills Internal Medicine, P.A.

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Richardson, TX 75080
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