



CARTER FAMILY PRACTICE
MODERN MEDICINE, CLASSIC CARE

PREVENTIVE HEALTH SERIES

FIELD NOTES

#2
OF 8

Know Your Numbers

The numbers don't tell your whole story—but they help us understand it.



Your body gives you important clues about your health—sometimes long before you notice symptoms. Knowing a few key numbers can help you and your healthcare provider identify risks early and make informed decisions together.

These numbers don't tell the whole story. They're simply tools that help us understand your health and guide your care.



5 NUMBERS THAT HELP US SEE THE BIG PICTURE



BLOOD PRESSURE



Why it matters

High blood pressure often has no symptoms, but over time it can increase your risk of heart disease, stroke, kidney disease, and vision problems.



BLOOD SUGAR (A1C)



Why it matters

Your A1C reflects your average blood sugar over the past 2–3 months. It can help identify prediabetes and diabetes early, often before symptoms develop.



CHOLESTEROL



Why it matters

Your cholesterol numbers help us understand your risk for heart disease. They're most useful when interpreted alongside your blood pressure, blood sugar, family history, and lifestyle.



WEIGHT & WAIST CIRCUMFERENCE



Why it matters

Weight is only one part of the picture. Where you carry weight can also affect your health. Waist circumference helps us better understand your risk for conditions like heart disease and diabetes.



RESTING HEART RATE



Why it matters

Your resting heart rate is a simple measure of how hard your heart is working when you're at rest. Changes over time may reflect improvements in cardiovascular fitness or signal that something deserves a closer look.



THE GOAL ISN'T PERFECT NUMBERS.

These numbers aren't grades—and they don't define your health. Instead, they help us understand where you are today, monitor changes over time, and decide together what steps, if any, make sense for you. Even small improvements can make a meaningful difference.



QUESTIONS FOR KAREN



Which health numbers are most important for me?



Which of my numbers should I keep track of at home?



What changes would have the biggest impact on my overall health?



Karen's Corner



One of the best parts of primary care is seeing how small improvements add up over time.

A lower blood pressure, a healthier A1C, better cholesterol numbers, or a lower resting heart rate may seem like small victories, but together they can make a meaningful difference in your long-term health.

My goal isn't to chase perfect numbers—it's to help you make steady progress toward better health.



We're here to help!



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