Know Your Body

Focusing on blood pressure, blood sugar, and cholesterol to help manage your health

Brain

Esophagus

Heart

Pancreas

Kidney

Colon

Penis

Arteries

Nerves
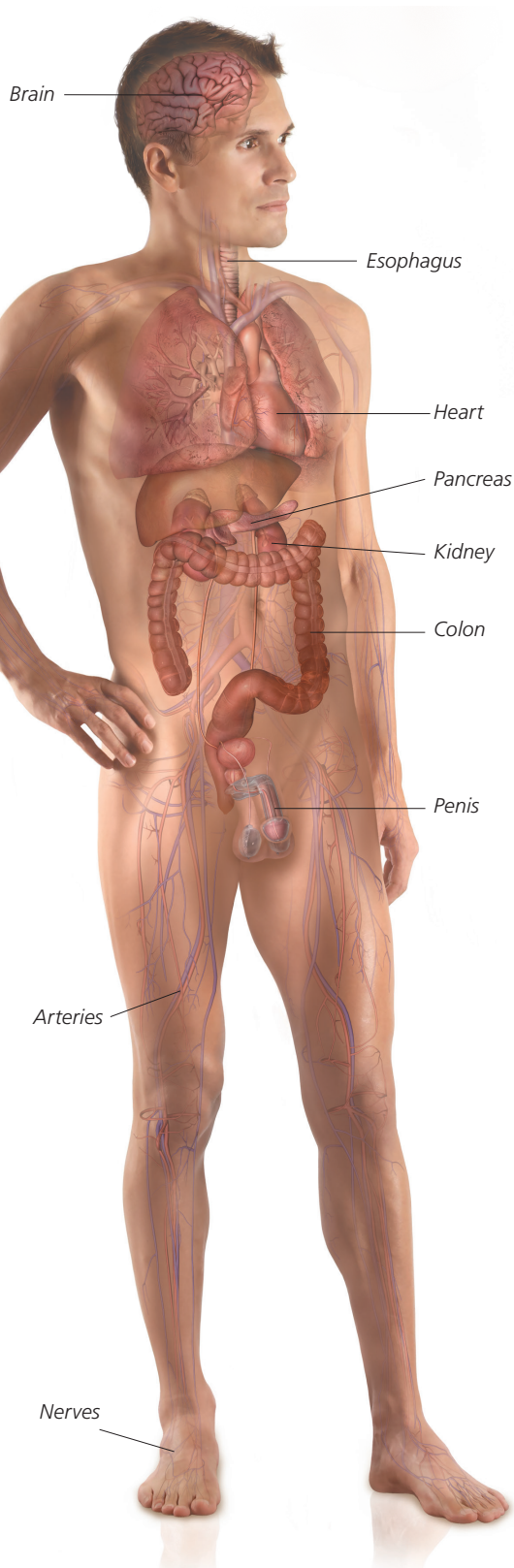
Your body is like a complex machine. When it is running well, you probably don't think about it. However, there are risk factors that can lead to serious medical conditions. (A risk factor is anything that affects your chance of getting a disease.) Sometimes these risk factors can only be discovered by a test or exam by your healthcare provider. Examples include high blood pressure, high blood sugar, and high cholesterol.

Risk factor	What it can do to your body	If not managed, this risk factor may lead to conditions such as:
High blood pressure	When the pressure of blood pushing against the walls of arteries is too high, it can damage parts of your body.	■ Erectile dysfunction (ED) ■ Heart disease ■ Kidney disease ■ Stroke
High blood sugar	High blood sugar (glucose) levels happen when the body cannot produce or use insulin. Insulin, a hormone made in the pancreas, is necessary for the body to use glucose for energy.	■ Blindness ■ Depression ■ Diabetes (Type 2) ■ ED ■ Gum disease ■ Hearing loss ■ Heart disease ■ Kidney disease ■ Nerve damage ■ Stroke
High cholesterol	Too much cholesterol, a fat-like substance in your blood, can damage blood vessels in your body.	■ Heart disease

The chart above does not include all risk factors and conditions that may occur. Talk with your healthcare provider about these and other risk factors, and how to manage your health.

To help you take care of your body, take an active role in your healthcare:

- ☐ Learn about your body and how it works

- ☐ Visit your provider for regular check-ups

- ☐ Ask your provider about tests or exams that are right for you

Ask your provider what changes you can make in your lifestyle to reduce your risks for certain diseases. For example:

- ☐ Eat a well-balanced diet

- ☐ Minimize stress

- ☐ Get regular exercise

To help manage my risk factors, I will:

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Ask your healthcare provider questions you have about your body.

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This material was developed by GlaxoSmithKline.