Blood Pressure	SBP	DBP
Classification	mmHg	mmHg
Normal	<120	and <80
Prehypertension	120-139	or 80-89
Stage 1 Hypertension	140–159	or 90–99
Stage 2 Hypertension	≥160	or ≥100

Category of a person	Fasting Value		Post Prandial
	Minimum Value	Maximum Value	Value 2 hours after consuming glucose
Normal	70	100	Less than 140
Early Diabetes	101	126	140 to 200
Established Diabetes	More than 126	-	More than 200



AKING CONTROL F YOUR DIABETES

6-23-2012 TYCOD, San Ysidro CASupported Event by Imperial and San Diego Executive Lions Club.

Educating and Empowering the Diabetes Community Since 1995

Volunteers: Imperial Lions-Sitting: Larry Hudson and Isela Bittman, non-lion Cesar Romero.

SD Executive Standing-Lions Brillie Mejia, Alex Quinto, Aida Marbella, Zeny de Castro, and Helen Quintanilla









FunFunky.com WATER HELPS CARRY COMPOSES 75% OF YOUR BRAIN NUTRIENTS AND OXYGEN REGULATES YOUR TO YOUR **BODY TEMPERATURE** CELLS MOISTENS OXYGEN FOR BREATHING MAKES UP 83% HELPS CONVERT OF YOUR BLOOD FOOD TO **ENERGY** REMOVES WASTE PROTECTS AND **CUSHIONS YOUR** COMPOSES 22% VITAL ORGANS OF YOUR BONES HELPS YOUR BODY ABSORB NUTRIENTS **CUSHIONS YOUR** JOINTS MAKES UP 75% OF YOUR MUSCLES

CHAPLAIN'S CORNER...

HAPPY BIRTHDAY AMERICA and to those who are celebrating their birthday. GOD BLESS!

Lion Richard West, Chaplain

"By cleansing your body on a regular basis and eliminating as many toxins as possible from your environment, your body can begin to heal itself, prevent disease, and become stronger and more resilient than you ever dreamed possible!" ~Dr. Edward Group III

