

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



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

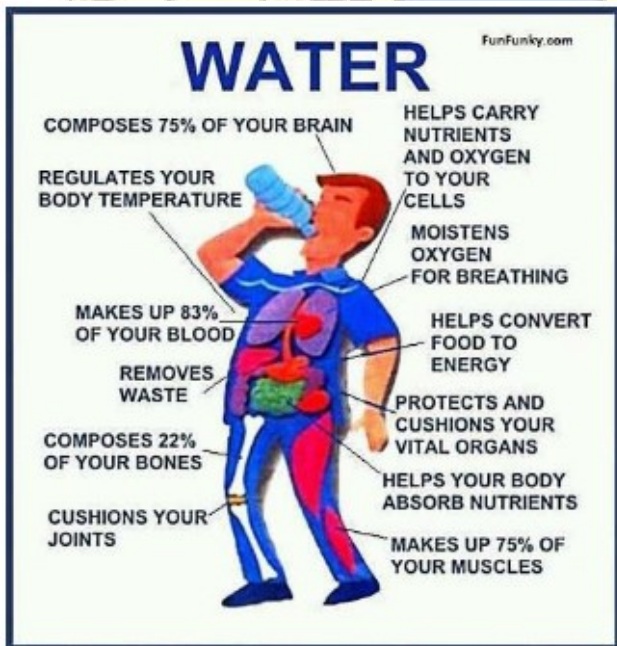
Volunteers:Imperial Lions-Sitting: Larry Hudson and Isela Bittman, non-lion Cesar Romero.

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





6-26-2012 Your SDELCL TEAM at work at Viejas Casino



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

