



# Understanding the “Heart Numbers”

Most people have a sense of their blood pressure and cholesterol, but what do they mean?

## Blood Pressure

Your blood pressure has two numbers. **The top one is always the bigger number**, and it is called your **“systolic blood pressure”**.

- It measures the maximum pressure in your heartbeat.

119

- 119 or lower: **Good/safe** 😊
- 120-129: **Slightly high**
- 130-139: **Moderately high**
- 140-159: **High**
- 160 or higher: **Very high**

The **bottom number** is called your **“diastolic blood pressure”**.

- It measures the maximum pressure in the arteries between beats.

79

- 79 or lower: **Good/safe** 😊
- 80-89: **Moderately high**
- 90-99: **High**
- 100 or higher: **Very high**

## Cholesterol

- The ranges shown are considered ‘normal’ for adults, but your doctor may offer more specific guidance based on your health. It takes a lab test to obtain these numbers, so at Oregon Medical Group you’ll have help interpreting:

**Total cholesterol** = Less than 200 mg/dL

**HDL “good” cholesterol** = 40 mg/dL or higher for Men  
50 mg/dL or higher for Women

**LDL “bad” cholesterol** = Less than 100 mg/dL

**Triglycerides** = Less than 150 mg/dL