

QUESTION OF THE WEEK

Blood pressure: When should I get concerned?



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There are two parts of a standard blood pressure reading: systolic (top number) and diastolic (bottom). The systolic is the pressure when the heart is pumping; the diastolic is when the heart is resting.

The current standard definition of hypertension is three blood pressure readings on different days greater than 140 systolic or 90 diastolic. If a patient is taking blood pressure medications, we aim for a blood pressure of less than 140/90. If a patient has other conditions we try to attain a lower blood pressure.

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