

QUESTION OF THE WEEK



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The current standard definition of hypertension is three blood pressure readings, done on different days, greater than 140 systolic or 90 diastolic.

What should my blood pressure numbers be?



Dr. Jon C. Burdzy, D.O.

SPECIAL TO THE NEWS-PRESS

There are two parts of a standard blood pressure reading: the systolic (top number) and the diastolic (bottom number).

The systolic is the pressure when the heart is pumping and the diastolic is the pressure when the heart is resting. The current standard definition of hyper-

tension is three blood pressure readings, done on different days, greater than 140 systolic or 90 diastolic.

If a patient is taking blood pressure medications, generally we aim for a blood pressure of less than 140/90.

However, if a patient has other underlying medical conditions, such as heart disease or kidney disease, we try to attain a lower blood pressure.

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