



Name _____

High Blood Pressure

This learning activity aligns and contributes to the achievement with National Health Education Standards 1 and 7 and GEORGIA PERFORMANCE STANDARDS HE6.1, HE7.1, and HE8.1.

DIRECTIONS: Read the paragraphs. Then answer the questions, using the word bank.

Blood pressure is the force with which your blood pushes against the walls of your arteries. The amount of pressure depends on the strength and rate of your heartbeat and the amount of blood in your circulatory system.

High blood pressure is a disease of the circulatory system. High blood pressure is also known as ***hypertension***. Hypertension can be triggered by smoking, stress, being overweight, and eating too much salt. The heart of a person with hypertension must work harder to circulate blood than it normally would. This overworking of the heart can cause a heart attack. Uncontrolled hypertension can also reduce the flow of blood to the brain, which can cause a stroke.

People of all ages can suffer from hypertension. In fact, about 20% of all the people who live in the United States have high blood pressure. Unfortunately, there are no early warning signs of the disease. For this reason, most doctors check their patients' blood pressures frequently. Hypertension can be controlled with a healthful diet, exercise, and medication. Once a person starts taking medicine for hypertension, he or she usually must continue taking it for the rest of his or her life.

1. Decide whether hypertension is an infectious or noninfectious disease and explain your answer.

2. Decide whether hypertension is a chronic or an acute disease and explain your choice.

3. What two serious conditions can result from hypertension?

4. List two things you could do to prevent this disease.

5. Why do most doctors check their patients' blood pressure frequently?
