



High Blood Pressure



Answer Key:

1. Hypertension is a noninfectious disease because it cannot be passed on to another person. It is a disease of the circulatory system in an individual, and is caused by things such as smoking, stress, being overweight, or eating too much salt.
2. Hypertension is a chronic disease. It is a long-term medical condition caused by your lifestyle.
3. Heart attack and stroke.
4. Healthy diet and regular exercise.
5. There are no early warning signs of the disease; and people of all ages can have high blood pressure.