

Blood Pressure



_____ is the **force** of blood _____
_____ of the **arteries** as the _____ **pumps** out
_____. If this _____ gets _____, it can hurt the
_____ in many _____. High blood pressure is _____. About _____
million _____ — almost 1 in 3 — have _____
_____.

High blood pressure _____ your **risk** for _____
_____ and/or kidney disease, and _____ having a **stroke**. It is _____
_____ because _____ times _____
_____ signs or _____. It does _____ matter _____
_____, _____, or **gender** you are. _____ can have high _____
pressure.

You can _____ by having a
_____. This includes having a _____
_____, doing _____ and _____
_____. You should _____ a lot of _____, _____, and
_____. You _____ not to put
a lot of _____ on your food, and, if you _____ alcohol, you
_____.

Every time you go to the _____, a _____ will _____ your blood pressure. _____ you two _____.

The _____ chart _____ what the numbers mean:

Blood Pressure Readings	
120/80	normal
120-139/80-89	some risk
140-159/90-99	high risk
160 +/100+	bad

Vocabulary

Force: strength

Arteries: blood vessels that take blood away from your heart to the rest of your body

Pumps: pushes

Risk: chance

Stroke: when problems with blood cause someone to lose brain function

Gender: man or woman

Prevent: stop before it happens

Moderation: a small amount; a little