

Blood Pressure



Blood pressure is the **force** of blood _____ against the walls of the **arteries** as the heart **pumps** out _____. If this _____ gets too high, it can hurt the _____ in many _____. High blood pressure is common. About _____ million _____ adults — almost 1 in 3 — have high blood pressure.

High blood pressure _____ your **risk** for getting heart disease and/or kidney disease, and _____ having a **stroke**. It is _____ dangerous because _____ times there are no _____ signs or _____. It does _____ matter _____ race, _____, or **gender** you are. Anyone can have high _____ pressure.

You can **prevent** _____ blood pressure by having a _____ lifestyle. This includes having a healthy weight, doing _____ and _____ healthy foods. You should _____ a lot of fruits, _____, and low-fat dairy _____. You should try not to put a lot of _____ on your food, and, if you _____ alcohol, you _____ drink in **moderation**.

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

The nurse will tell you two _____. The following 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