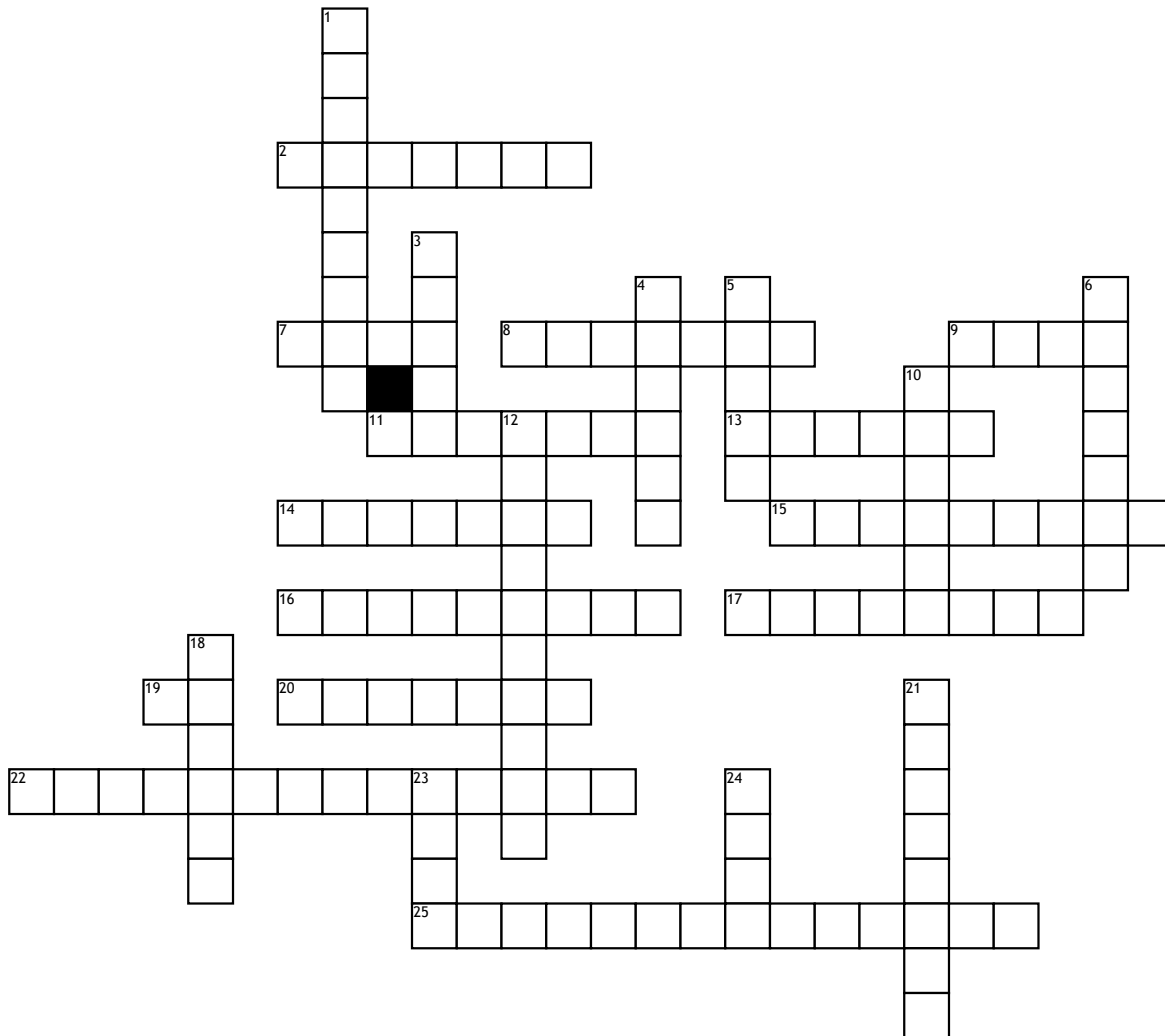


Hypertension Learning



Across

2. The upper blood pressure reading is the systolic pressure or your _____ pressure.

7. A very few people can actually have significant differences between blood pressure readings of both _____.

8. Which heritage group is at a higher risk for hypertension?

9. A good diet to follow if you have hypertension is the _____ diet.

11. Some blood pressure meds can interfere with _____ levels monitored in Diabetes.

13. Leading cause of hypertension is _____.

14. Your lower blood pressure reading is diastolic pressure or _____ pressure.

15. This medical exam can help identify EARLY blood pressure damage to vessels.

16. This type of hypertension has no identified cause.

17. A common physical symptom expressed by people when they think their blood pressure is elevated is _____.

19. Do you always know if your blood pressure is elevated?

20. Losing even 5-10 _____ body weight will reduce your blood pressure readings.

22. Long-term untreated hypertension leads you to a significant risk for _____ problems.

25. A very common uncontrollable risk factor for hypertension is _____.

Down

1. This type of hypertension is caused from another disease process, like kidney disease.

3. Over-the-counter _____ decongestants can raise blood pressure.

4. Sometimes hypertension is called the _____ killer.

5. Some birth control medicines can _____ blood pressure.

6. A common endocrine organ tested prior to a patient starting on blood pressure medication is the _____.

10. Some Beta Blocker blood pressure medications can interfere with a patient's control of their breathing problem _____.

12. Blood pressure levels are _____ fluctuating.

18. Lowering what in your dietary intake may reduce your hypertension readings?

21. Blood pressure actually runs higher on people who don't get enough _____.

23. One of the most common errors made when taking a blood pressure reading is using the wrong size _____ size.

24. To get a more accurate blood pressure reading, you should wait 3 to _____ minutes between readings.