

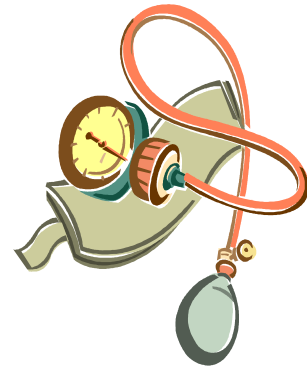
From the Parish Nurse

WHAT DO YOU KNOW ABOUT BLOOD PRESSURE?

(First in a three-part series on Hypertension)

1. How many adults living in the U.S. are estimated to have high blood pressure?
 - A. 1 in 3
 - B. 1 in 5
 - C. 1 in 10
 - D. 1 in 50
2. People with high blood pressure have recognizable symptoms.
 - A. True
 - B. False
3. Select the most desirable level of blood pressure from the list below:
 - A. 130/90
 - B. 170/110
 - C. 150/80
 - D. Lower than 120/80
4. Hypertension puts an individual at risk of:
 - A. High cholesterol
 - B. Nervousness
 - C. Heart attack and stroke
 - D. Irregular heartbeats
5. Dietary interventions have little or no effect on hypertension.
 - A. True
 - B. False

The American Heart Association recent estimates are that, nearly one in three adults in the United States has high blood pressure, but because there are no symptoms, nearly



one-third of these people don't realize they have it. In fact, many people have high blood pressure for years without knowing it. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the "silent killer." The only way to tell if you have high blood pressure is to have your blood pressure checked.

Get the facts on high blood pressure and how to live a heart-healthier life. Find out how you can reduce your risks for heart attack and stroke with proper monitoring by a healthcare provider and simple lifestyle changes, even if you have high blood pressure.

Answers: 1. a; 2. b; 3. d; 4. c; 5. b