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Hypertension Learning

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| **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.disease.  **3.** Over-the-counter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ decongestants can raise blood pressure.  **4.** Sometimes hypertension is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ killer.  **5.** Some birth control medicenes 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. |