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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. |