

What Have You Learned?

- 1** What is the medical term for high blood pressure?
 - a) Hypertension
 - b) Hypernatremia
 - c) Hyperglycemia
 - d) Hypercholesterolemia
- 2** What is considered high blood pressure?
 - a) 100/60 mmHg
 - b) 120/80 mmHg
 - c) 150/100 mmHg
- 3** Which of the following does not result in blood pressure rising?
 - a) Excitement
 - b) Stress
 - c) Exercise
 - d) Sleep
- 4** True or False. High blood pressure increases your risk for heart disease and stroke.
- 5** True or False. High blood pressure often has no warning signs or symptoms, and many people do not know they have it.
- 6** Which of the following can manage high blood pressure?
 - a) A healthy diet
 - b) Increased exercise
 - c) Prescribed medications (if needed)
 - d) All of the above
- 7** Which of the following is an effective method to lower blood pressure?
 - a) Weight loss
 - b) Exercise
 - c) Healthy diet
 - d) Limiting sodium (salt)
 - e) All of the above

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8 True or False. Caffeine can increase blood pressure.

9 How many times a day should you monitor your blood pressure?

- a) 1
- b) 2
- c) 3
- d) Never

10 What is the recommended maximum sodium (salt) intake for each day?

- a) 1,500 mg
- b) 2,000 mg
- c) 2,500 mg
- d) 3,000 mg