

What Do You Know?

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

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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