

High Blood Pressure-Hypertension

Go to: <http://www.cdc.gov/bloodpressure/about.htm> Answer the following questions.

About High Blood Pressure

1. What is blood pressure? _____

2. High blood pressure raises your risk of _____ and _____

High Blood Pressure Signs and Symptoms

3. Why is high blood pressure called the “silent killer”? _____

4. How does a person find out if they have high blood pressure? _____

Effects of High Blood Pressure

5. What can high blood pressure do to the arteries? _____

6. Define heart failure. _____

7. Define heart attack. _____

8. How can high blood pressure effect the brain? _____

9. What is a stroke? _____

Measuring Blood Pressure

10. What is systolic blood pressure? _____

11. What is diastolic blood pressure? _____

Controlling Blood Pressure

12. What are three lifestyle factors that can help a person manage their blood pressure? _____

Risk Factors – Family history

13. Explain how family history and age can increase the risk of high blood pressure. _____

Diabetes

Go to : <http://www.cdc.gov/diabetes/basics/diabetes.html> Answer the following questions.

What is diabetes?

1. What is diabetes? _____

2. What happens when a person has diabetes? _____

3. What serious health complications can diabetes cause? _____

Click on: "Your Guide to Diabetes: Type 1 and Type 2"

What are the symptoms of diabetes?

4. List three symptoms of diabetes. _____

What are the types of diabetes?

5. What are the three types of diabetes? _____

6. What was Type -1 diabetes previously called? When does it develop? _____

7. List three things people do to treat type 1 diabetes. _____

8. What was Type -2 diabetes previously called? When does it develop? _____

9. List three things people do to treat type 2 diabetes _____

10. When does gestational diabetes develop? Why? _____
