

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Test your knowledge on hypertension!

1. Hypertension is also known as:
  - a. High cholesterol
  - b. High blood sugar
  - c. High blood pressure
  - d. Low blood pressure
  
2. Which of the following is the most desirable blood pressure reading?
  - a. 130/90
  - b. 180/110
  - c. 140/80
  - d. Lower than 120/80
  
3. High blood pressure is called "The Silent Killer" because:
  - a. No one wants to talk about it
  - b. There are no symptoms
  - c. You can't hear blood pressure rising
  - d. It's a clever name
  
4. Which of the following groups has the highest rate of high blood pressure?
  - a. Caucasians
  - b. African Americans
  - c. Hispanics
  - d. Asian/Pacific Islanders
  
5. Which of these lifestyle changes WILL NOT help you control your risk of high blood pressure?
  - a. Eat a heart-healthy diet, including lean, high-fiber and low-fat products
  - b. Give up smoking
  - c. Take a second job, preferably a stressful one
  - d. Cut your salt intake. Try substituting herbs and spices
  
6. A person with high blood pressure:
  - a. Has high cholesterol
  - b. Has a high risk of stroke and heart attack
  - c. Has a nervous condition
  - d. May experience erratic heartbeats

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7. High blood pressure medication is usually prescribed to be taken:
  - a. Under stressful situations
  - b. As a lifelong way to manage high blood pressure
  - c. When activities require physical exertion
  - d. Whenever the patient feels bad
  
8. Which of the following is more likely to contribute to high blood pressure?
  - a. Physical activity
  - b. Salt/sodium intake
  - c. High cholesterol level
  - d. Ice cream
  
9. Bread and cheese are examples of low-sodium food options.
  - a. True
  - b. False
  
10. Damage caused by uncontrolled hypertension can lead to:
  - a. Heart attack
  - b. Stroke
  - c. Vision loss
  - d. Damage to your kidneys
  - e. All of the above
  
11. Which of the following may be dangerous for people with high blood pressure?
  - a. Physical activity
  - b. Eggs
  - c. Cold and flu medicines
  - d. Microwaves
  
12. Being diagnosed with high blood pressure means you are destined to a life of pill-popping. Get used to taking anti-hypertensives, diuretics, beta-blockers, vasodilators and calcium channel blockers, to name a few.
  - a. True
  - b. False
  
13. No one in your family has hypertension so you do not need to get your blood pressure checked.
  - a. True
  - b. False