

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**
 - i. The American Heart Association recommends this as optimal. 120-139/80-89 is considered prehypertension. Systolic blood pressure of 140 or higher or diastolic pressure of 90 or higher is considered high and should be evaluated by a physician immediately. If your blood pressure is 140/90 or higher, you're at risk for stroke, heart attack and other complications from high blood pressure

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
 - i. Unfortunately, your blood pressure won't send you a text message the day it decides to go up. The only way to know if you have high blood pressure is to have your blood pressure checked.

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
 - i. The rate of high blood pressure in African Americans in the United States is among the highest in the world. African Americans are at higher risk for this serious disease than whites and have higher prevalence rates than Mexican Americans and Asian/Pacific Islanders. High blood pressure tends to be more common, happens at an earlier age and is more severe for many African Americans. Consequently, they have a higher risk for heart attack, stroke, heart failure and kidney complications from high blood pressure.

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
 - i. Managing stress makes sense for your overall health. Stress can lead you to increase smoking, alcohol consumption, overeating and other activities that can raise your blood pressure. Try to relax for short periods during your workday. Take the weekend off. Find a regular physical activity you can enjoy and stick with it.
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
 - i. High blood pressure is a major modifiable risk factor for stroke, the number 3 killer and leading cause of severe, long-term disability in the United States. High blood pressure is also a key risk factor for heart attack.
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
 - i. Blood pressure medication is a way to manage high blood pressure and is taken every day—not just under certain “conditions.” High blood pressure is a lifelong disease. It can only be controlled but not cured. If your doctor has prescribed medication for you, take it EXACTLY as prescribed for as long as the doctor tells you to take it. Decreasing dosage or not taking the medication at all is dangerous. If you change the dose or go off medication, it won’t be effective and your blood pressure will rise, putting you at risk for heart attack, stroke, heart failure and kidney failure. Medication should be combined with lifestyle changes such as eating a low-saturated-fat, low-salt diet, maintaining a healthy weight, getting plenty of physical activity (30-60 minutes on most or all days of the week) and not using tobacco products.
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
 - i. Some people are “salt sensitive,” so eating a lot of salt (sodium) adds to their high blood pressure. Salt holds excess fluid in your body and puts an added burden on your heart. Recent evidence suggests that salt sensitivity can also be a very important determinant of future high blood pressure and cardiovascular disease risk. Researchers have also found that having a particular gene may make African Americans much more salt sensitive, thus increasing their risk of developing high blood pressure. As little as one extra gram of salt (half a teaspoon) could raise blood pressure as much as five millimeters of mercury (mm Hg) in people who have this gene variant. It’s important to cut down on your sodium

intake, and sodium is everywhere—in canned foods, baking soda, cheese, dried fruits and even medications!

9. Bread and cheese are examples of low-sodium food options.

a. True

b. False

i. Bread and cheese are processed foods. Processed foods make up about 75% of dietary sodium.

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

i. People with high blood pressure should be aware of the possible danger of taking certain cold, cough and flu medications. Decongestants have been reported to increase blood pressure and may interfere with blood pressure medications.

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

i. Some people do just fine reducing weight, eating properly and getting the right amount of regular exercise. However, everyone is different. Talk to your healthcare provider about what's best for you.

13. No one in your family has hypertension so you do not need to get your blood pressure checked.

a. True

b. False

Even people with “normal” blood pressure should get checked at least once every two years. Even if you don't have a family history of hypertension, an unhealthy lifestyle and diet can lead to hypertension, as well as other heart-related problems. It is important to check your blood pressure regularly.