

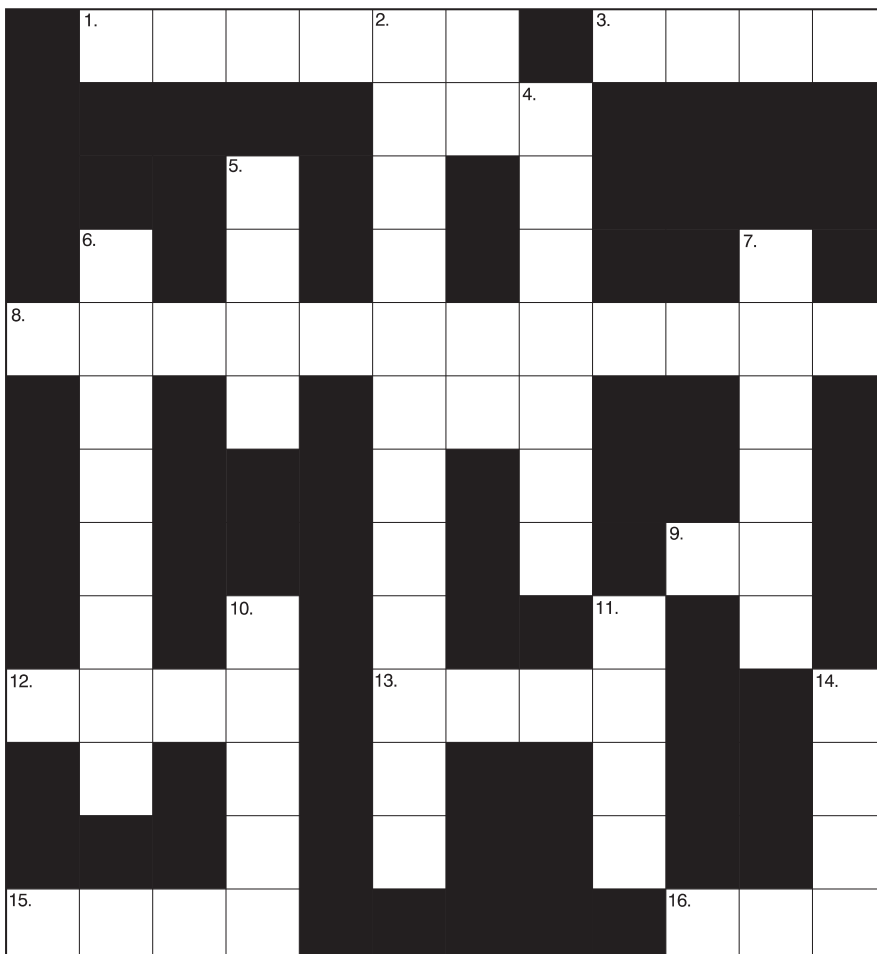
Control your Blood Pressure



Across

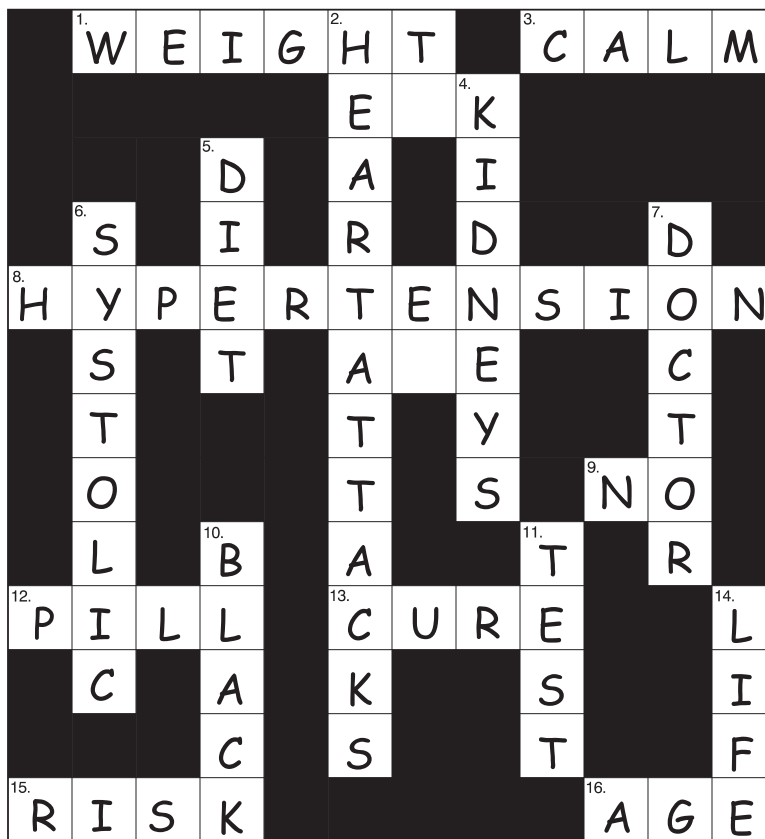
1. If you have high blood pressure, the doctor may tell you to lose some of this.
3. Even a _____, relaxed person may have high blood pressure.
8. A medical term for high blood pressure.
9. Do people usually have symptoms of high blood pressure?
12. Often only a _____ a day will control the disease.
13. High blood pressure usually has no _____ but it can be brought under control.
15. If you smoke, are overweight and have high blood pressure, you run the _____ of developing cardiovascular problems.
16. High blood pressure strikes people of every _____, even children.

**Take Heart
Alaska**



Down

2. One major type of cardiovascular problem to which high blood pressure can contribute (pl.).
4. A pair of important organs which can be damaged by uncontrolled high blood pressure.
5. If you have the disease, you may have to watch what you eat, by changing your _____.
6. A medical term for the top figure of a blood pressure reading (the 120 in 120/80).
7. You can't treat high blood pressure by yourself; you should be under the care of a _____.
10. A racial group which is especially prone to high blood pressure.
11. The check, or _____, for high blood pressure is simple and painless. You should have one every year.
14. You can live a normal _____ even though you may be taking daily medication.



Answers Across

- Weight.** By reducing your weight, you may help to control your blood pressure.
- Calm.** It's not only nervous or tense people who have high blood pressure.
- Hypertension.** High blood pressure and hypertension are the same disease. Hypertension is not nervous tension.
- No.** Most people who have high blood pressure don't have any symptoms.
- Pill.** High blood pressure medication must be taken every day to be effective
- Cure.** Although there is no cure for high blood pressure, it can be controlled and people with the condition are able to live full lives, even while under treatment.
- Risk.** Watching your diet, exercising, losing weight, and giving up smoking are great if you have high blood pressure. But, it's just as important to take your pills, too.
- Age.** High blood pressure doesn't just affect old people. Even you could have it!
- Doctor.** Your physician will work out a treatment plan that is right for you. Don't try to substitute for what he or she recommends. If you have questions about the treatment, discuss it with the doctor before you change it.
- Black.** About one in four black adults have high blood pressure-about twice as frequent as in the general population.
- Test.** Make sure you see a doctor if you've had your blood pressure measured and it is high.
- Life.** Treat your high blood pressure for life and for those who love and depend on you. They want you to be around for the rest of their lives.

Answers Down

- Heart attacks.** After applying years of stress to the cardiovascular system, high blood pressure often is a factor in causing a heart attack.
- Kidneys.** High blood pressure is a major cause of kidney failure.
- Diet.** A special diet may be a part of your treatment plan.
- Systolic.** The first figure measures the force of your heart beat pushing blood from the heart into the blood