

HIGH BLOOD PRESSURE

An initial blood pressure reading should be taken about age three and again during adolescences. If your blood pressure is normal during this period, it should be rechecked every two or three years throughout your adult life. If your blood pressure rises above 140/90, more frequent readings may be needed. Mild high blood pressure or Stage I from 140/90 to 160/100 usually requires lifestyle changes medication may also be necessary. Being tense or nervous will not give you high blood pressure. The term hypertension refers to elevated pressure in the arteries, not to someone's personality. Many calm, cool headed people have hypertension many jittery, anxious people have perfectly normal blood pressures. Nervousness may cause a short term rise in blood pressure because of the adrenaline response. But there's no evidence that a nervous personality or even a stress-filled life can cause hypertension. Your blood pressure does not remain constant. It can fluctuate by as much as 20 to 30 points a day. Your blood pressure is at its highest during the early morning hours just before and as you awaken and when extra blood is needed, such as when exercise. It's at its lowest during sleep and restful times. Moderate to heavy drinking about three to five drinks daily can raise blood pressure in the long term. Cutting back on alcohol can bring levels back to normal range in some individuals. One or two drinks daily generally does not effect blood pressure, and some researchers have found that small quantities of alcohol can protect against cardiovascular disease. Losing weight is the most effective no drug to reduce high blood pressure. Excess weight increases the volume of blood in the body constricting blood in the blood vessels and putting extra demands on the heart, which elevates blood pressure. Losing as little as 10 pounds can return blood pressure levels to normal.

VOCABULARIES:

Cardiovascular: Of, relating to, or involving the heart and the blood vessels

Hypertension: Arterial disease in which chronic high blood pressure is the primary symptom. Abnormally elevated blood pressure.

Nervousness: Marked by or having a feeling of unease or apprehension

THINK AND TALK

1. How will you prevent high blood pressure?
2. What do think are the causes of having high blood pressure?

