What is the normal range for systolic blood pressure

- A. 90-120 mmHg
- B. 80-110 mmHg
- C. 60-90 mmHg
- D. 120-150 mmHg

What is the medical term for low blood pressure

- A. Hypertension
- B. Hypoglycemia
- C. Hypotension
- D. Hyperglycemia

What is the medical term for high blood pressure

- A. Hypertension
- B. Hyperglycemia
- C. Hypoxia
- D. Hypotension

What is the main function of blood pressure in the body

- A. To regulate body temperature
- B. To aid in digestion
- C. To produce hormones
- D. To circulate blood throughout the body

What unit is blood pressure typically measured in

- A. mg/dL

- B. cm
- C. mmHg
- D. ml

What is the difference between systolic and diastolic blood pressure

- A. They are the same thing
- B. Systolic is the top number, diastolic is the bottom number
- C. Systolic is higher than diastolic
- D. Diastolic is the top number, systolic is the bottom number

What factors can affect blood pressure levels

- A. exercise
- B. temperature
- C. stress
- D. diet

What is the importance of monitoring blood pressure regularly

- A. To track changes in blood pressure
- B. To improve eyesight
- C. To learn a new language
- D. To prevent cavities

How does exercise impact blood pressure

- A. Has no effect on blood pressure
- B. Decreases heart rate
- C. Lowers blood pressure
- D. Raises blood pressure

What is the role of medications in managing high blood pressure

- A. Medications help lower blood pressure
- B. Medications have no effect on blood pressure
- C. Medications cure high blood pressure
- D. Medications raise blood pressure

What is the relationship between salt intake and blood pressure

- A. Salt intake has no effect on blood pressure
- B. Salt intake decreases blood pressure initially, then increases it
- C. Salt intake increases blood pressure
- D. Salt intake decreases blood pressure

How does stress affect blood pressure levels

- A. Stress decreases blood pressure levels
- B. Stress has no impact on blood pressure
- C. Stress can increase blood pressure levels
- D. Stress only affects heart rate

What are some lifestyle changes that can help lower blood pressure

- A. Eating high-sodium foods
- B. Drinking more coffee
- C. Eating a healthy diet
- D. Smoking cigarettes

What is the significance of family history in determining blood pressure risks

- A. Family history can be a risk factor for high blood pressure.

- B. Family history has no impact on blood pressure risks.
- C. Blood pressure risks are solely determined by lifestyle factors.
- D. Genetics play a minimal role in blood pressure risks.

How does age impact blood pressure levels

- A. Age has no effect on blood pressure levels
- B. Blood pressure tends to increase with age
- C. Blood pressure only increases in young people
- D. Blood pressure decreases with age

What is the recommended blood pressure reading for a healthy adult

- A. 130/90 mmHg
- B. 140/100 mmHg
- C. 110/70 mmHg
- D. 120/80 mmHg

How does smoking influence blood pressure

- A. Smoking increases blood pressure
- B. Smoking lowers blood pressure
- C. Smoking decreases blood pressure
- D. Smoking has no effect on blood pressure

What is the link between obesity and high blood pressure

- A. High blood pressure causes obesity
- B. Obesity increases the risk of high blood pressure
- C. Obesity lowers blood pressure
- D. Obesity has no impact on high blood pressure

How does alcohol consumption affect blood pressure

- A. Alcohol consumption lowers blood pressure.
- B. Alcohol consumption can raise blood pressure.
- C. Alcohol consumption has no effect on blood pressure.
- D. Alcohol consumption reduces blood pressure.

What are the potential complications of untreated high blood pressure

- A. Headache
- B. Indigestion
- C. Heart attack
- D. Joint pain