



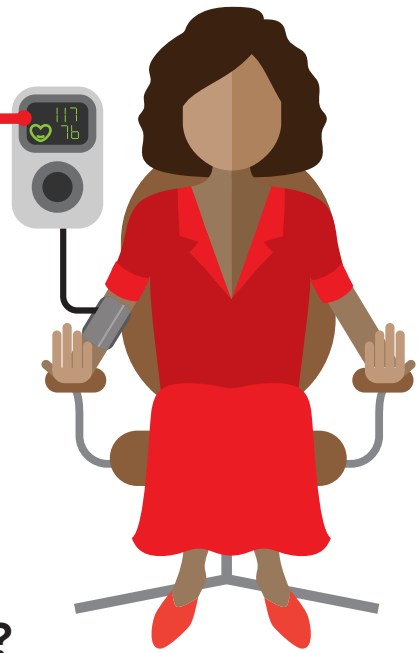
American Heart Association.

**KIDS HEART CHALLENGE** | **AMERICAN HEART CHALLENGE**

# FILL IN THE BLANKS



Blood pressure is written as two numbers, such as 117/76 mm Hg. The top, or larger, number (called systolic pressure) is the pressure when the heart beats. The bottom, or smaller, number (called diastolic pressure) is the pressure when the heart rests between beats.



## What is High Blood Pressure?

\_\_\_\_\_ is the \_\_\_\_\_ of blood \_\_\_\_\_ against \_\_\_\_\_ walls. It's measured in \_\_\_\_\_ of \_\_\_\_\_ (mm Hg). \_\_\_\_\_ blood pressure ( \_\_\_\_\_ ) means the \_\_\_\_\_ in your \_\_\_\_\_ is \_\_\_\_\_ than it should be.

Another name for \_\_\_\_\_ is \_\_\_\_\_.

HBP is a \_\_\_\_\_ that makes the \_\_\_\_\_ work harder than \_\_\_\_\_. And left \_\_\_\_\_, it scars and \_\_\_\_\_ your arteries and can lead to \_\_\_\_\_, stroke, \_\_\_\_\_ failure, eye damage, heart \_\_\_\_\_ and fatty \_\_\_\_\_ in the arteries, called \_\_\_\_\_.

Use each of these words or term once:

- HIGH
- ATHEROSCLEROSIS
- UNTREATED
- BLOOD PRESSURE
- HYPERTENSION
- FORCE
- DAMAGES
- HBP
- BLOOD VESSEL
- MILLIMETERS
- PRESSURE
- FAILURE
- MERCURY
- ARTERIES
- HIGHER
- CONDITION
- NORMAL
- HEART ATTACK
- KIDNEY
- BUILDUPS
- HIGH BLOOD PRESSURE
- HEART
- PUSHING



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**HEART** | **HEART**  
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## ANSWER KEY

**BLOOD PRESSURE** is the **FORCE** of blood **PUSHING** against **BLOOD VESSEL** walls. It's measured in **MILLIMETERS** of **MERCURY** (mm Hg). **HIGH** blood pressure ( **HBP** ) means the **PRESSURE** in your **ARTERIES** is **HIGHER** than it should be. Another name for **HIGH BLOOD PRESSURE** is **HYPERTENSION** . HBP is a **CONDITION** that makes the **HEART** work harder than **NORMAL** . And left **UNTREATED** , it scars and **DAMAGES** your arteries and can lead to **HEART ATTACK** , stroke, **KIDNEY** failure, eye damage, heart **FAILURE** and fatty **BUILDUPS** in the arteries, called **ATHEROSCLEROSIS** .



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