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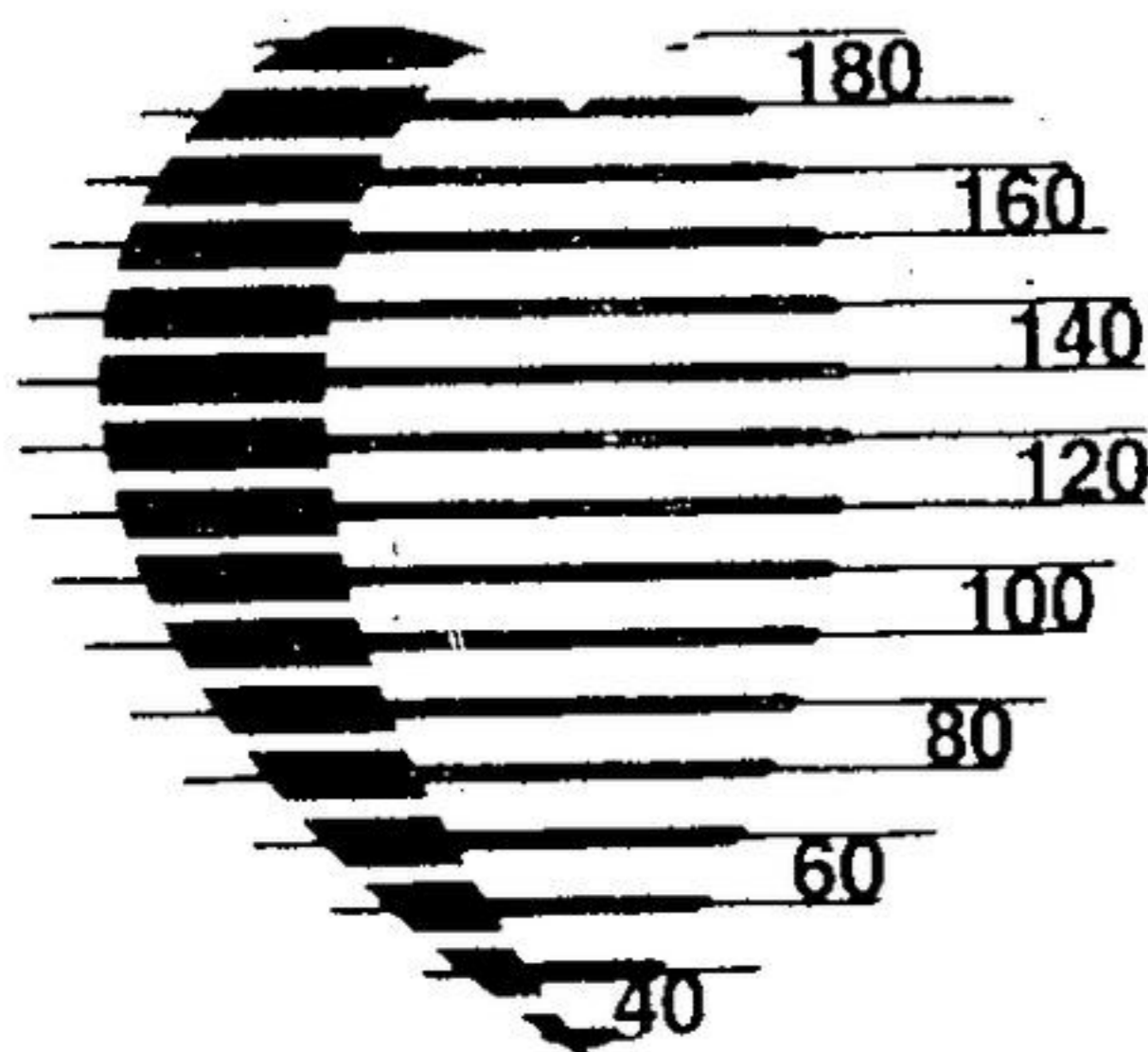
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KNOW YOUR BLOOD PRESSURE

by Heart

BLOOD PRESSURE QUIZ

What do you know about blood pressure? Take this short quiz by circling either "T" for TRUE or "F" for FALSE for each of the following statements about blood pressure. Check your answers on the reverse.

- | | | | | | |
|---|---|---|--|---|---|
| with a heart beat. | T | F | 7. Blood pressure should be checked every five years. | T | F |
| the same all day, every day. | T | F | 8. You can only tell what your blood pressure is by having it measured. | T | F |
| it carries blood flow to all parts of the body. | T | F | 9. Being overweight can lower blood pressure. | T | F |
| it has two numbers. | T | F | 10. Eating large amounts of food high in salt (sodium) can cause blood pressure to rise. | T | F |
| blood pressure is by the way you feel. | T | F | 11. Regular exercise will help keep your blood pressure healthy. | T | F |
| you have a blood pressure of around 120/80. | T | F | 12. Only a relaxed and easy-going person can have normal blood pressure. | T | F |

ANSWERS TO BLOOD PRESSURE QUIZ

- | | |
|---|--|
| 1. TRUE. The heart pumps blood through the arteries and veins. Blood pressure is the force of the blood pushing against the walls of the blood vessels, as it flows through the arteries. | 7. FALSE. The Royal College of Family Physicians in Canada recommends that a healthy person should have her or his blood pressure checked every two years. If you are pregnant, your blood pressure should be checked more often. |
| 2. FALSE. Blood pressure changes moment to moment and day to day. It is usually lowest when we are resting and highest when we are active. Changes in activity, posture and emotions cause changes in blood pressure. | 8. TRUE. The only way to tell your blood pressure is to have it checked. Always have your blood pressure checked by someone who can refer you for medical care if needed. |
| 3. FALSE. Blood pressure is not an illness or an abnormal condition. Blood pressure is a normal part of the blood flow to all parts of the body. | 9. FALSE. Being overweight can lead to an unhealthy blood pressure. |
| 4. FALSE. The first (or larger) number refers to the highest pressure in the arteries. The second (or smaller) number refers to the lowest pressure. Diastolic pressure (the second or smaller number) refers to the pressure in the arteries. It occurs when the heart is relaxing between beats. | 10. TRUE. Using less salt has proven to be a useful part of treatment for some individuals with high blood pressure. Most Canadians eat more salt than necessary, so using less salt makes good sense. |
| 5. FALSE. You can tell your blood pressure by the way you feel. | 11. TRUE. Regular exercise, three times a week for 20 to 30 minutes at a time, can help to keep your blood pressure healthy. |
| 6. FALSE. Normal blood pressure is between 100 and 140 for the systolic pressure (the first or larger number) and between 70 and 90 for the diastolic pressure (the second or smaller number). | 12. FALSE. Blood pressure is not necessarily higher in anxious, overactive people than it is in easy going, relaxed people. |

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