

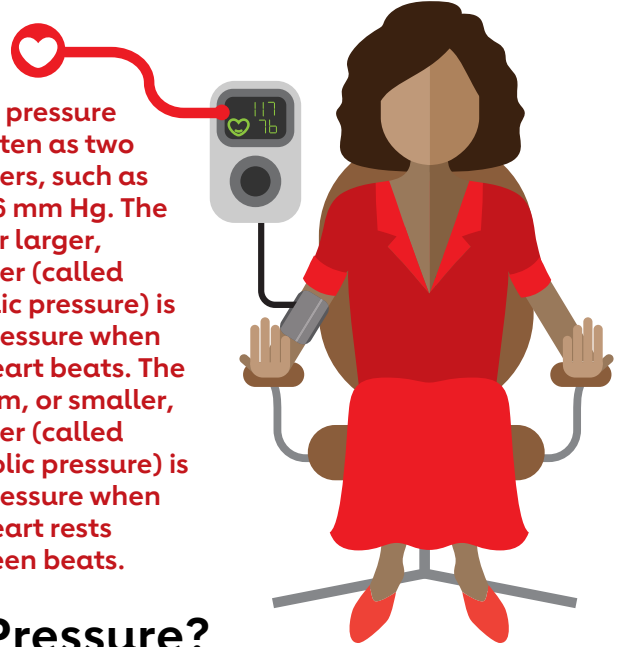


American Heart Association.

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



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

FILL IN THE BLANKS

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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