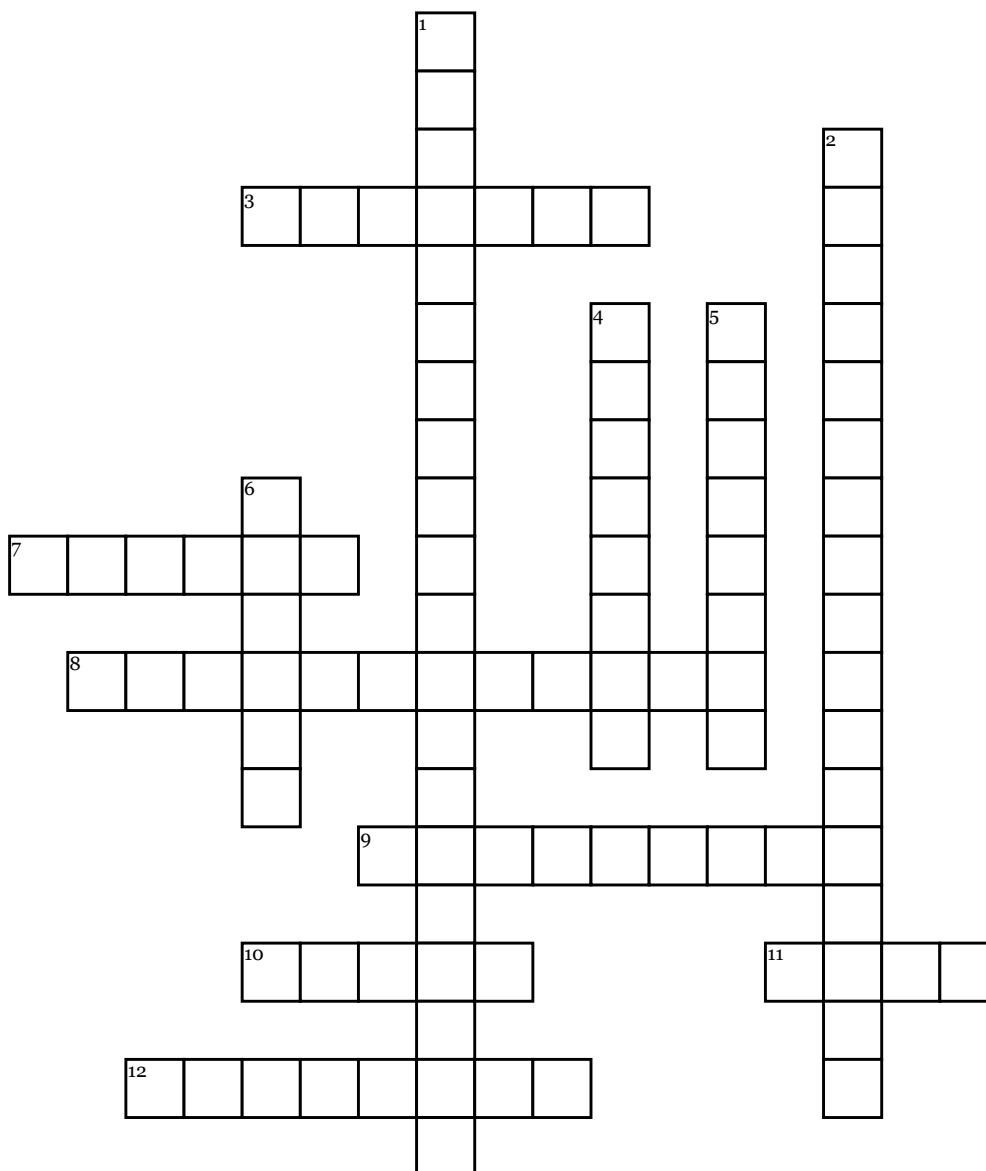


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# High Blood Pressure



## **Across**

- 3.** Drinking less of this can lower your blood pressure
- 7.** Recommended number of minutes of aerobic exercise per day
- 8.** Another term for high blood pressure
- 9.** Symptoms of high blood pressure
- 10.** One in every \_\_\_\_\_ adults has high blood pressure

**11.** Used to measure blood pressure

**12.** A \_\_\_\_\_ kidney will not function properly and fails to remove waste products from the blood

## **Down**

**1.** This disease is caused when blood vessels narrow in the kidneys, possibly causing kidney failure

**2.** The second leading cause of kidney failure in the United States after diabetes

**4.** The pressure as the heart beats and pushes blood through the vessels (number on top)

**5.** Treatment when lifestyle changes alone are not enough to treat the high blood pressure

**6.** Managing \_\_\_\_\_ can help lower high blood pressure