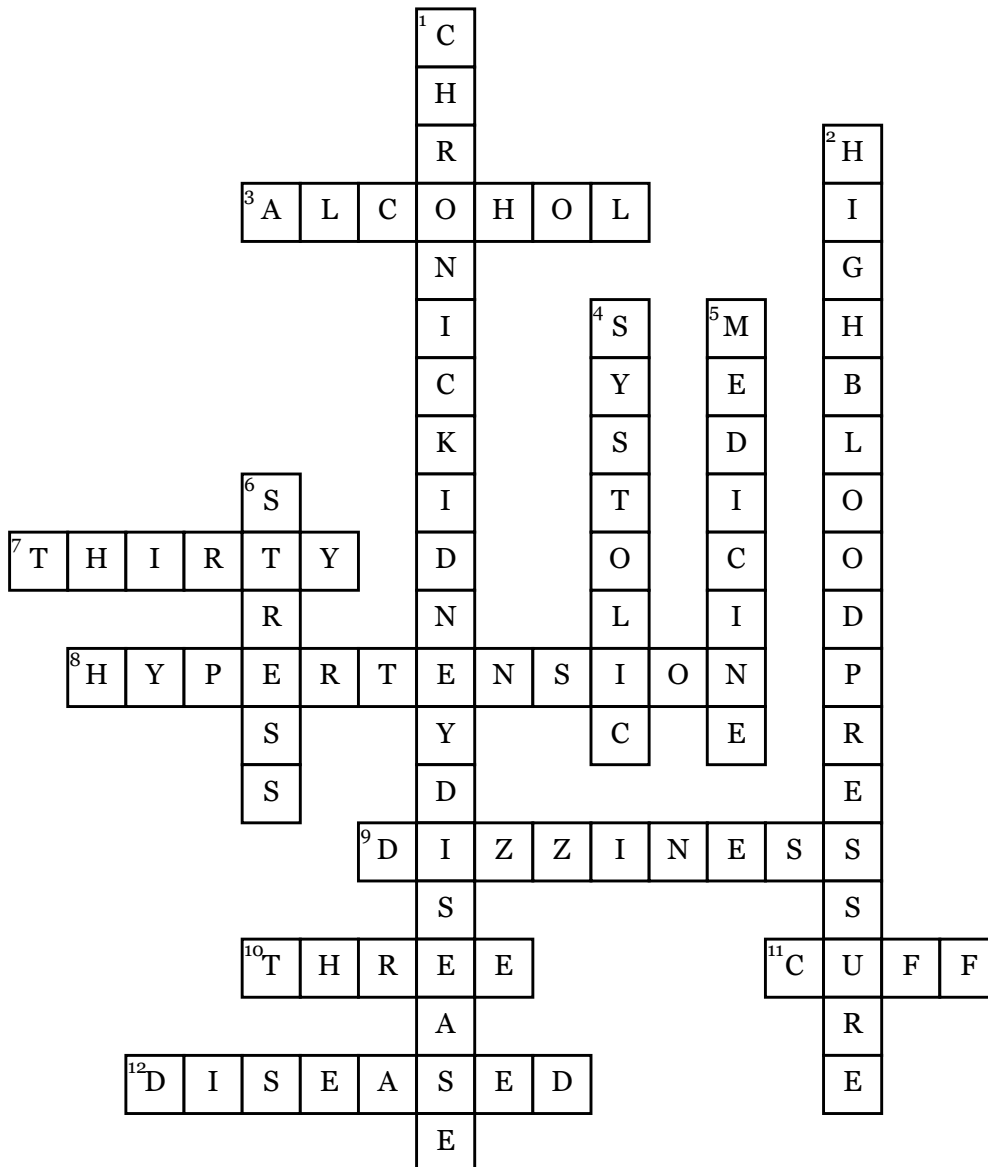


High Blood Pressure



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