

Blood Pressure Quiz

1. If you make big lifestyle changes and you are on blood pressure medication, it is important to check your blood pressure reading every day. T F
2. When you are taking your blood pressure reading, it is okay to cross your legs and put the blood pressure cuff over clothing instead of directly on the skin. T F
3. A normal blood pressure reading is less than 120 systolic and less than 80 diastolic. T F
4. An optimal range for a systolic blood pressure reading for preventing a stroke or heart attack is 120 to 129 mmHg. T F
5. Risk of kidney failure is highest for a blood pressure reading greater than 159/99 mmHg. T F
6. High blood pressure is a leading cause of death. T F
7. Two drugs are commonly needed to achieve good blood pressure control in individuals with high blood pressure. T F
8. The best time to take most blood pressure medications is in the morning. T F
9. Based on a major research study, the heart and stroke prevention drug strategies are very effective. T F
10. The side effects of blood pressure medications as a group are minimal and nothing to be concerned about. T F
11. Weight loss, sodium restriction, exercise and the DASH Diet are the commonly prescribed lifestyle options for improving blood pressure control. T F
12. The DASH Diet is superior to a whole plant food diet for improving blood pressure control. T F
13. Lowering the sodium intake by 2,300 mg per day lowers the blood pressure by 3-6 mmHg. T F
14. A reduction in blood pressure of -10.4/-8 mm/Hg was achieved in 3 hours after consuming 1 cup beet juice in one study. T F
15. CoQ10, flaxseed and bananas have all been proven effective at lowering elevated blood pressure levels in clinical studies. T F
16. Based on clinical studies, about 3 to 4 cups (3-4 tea bags) of dried hibiscus flowers teas per day is an effective dosage for lowering elevated blood pressure levels. T F
17. Losing body weight reduces blood pressure by -1.5/-1 mmHg for every 2 pounds of weight loss. T F
18. Exercise is not as effective as most blood pressure medications in lowering elevated blood pressure levels. T F
19. Nitric Oxide is an important chemical in the body for relaxing the blood vessels and maintaining a healthy blood pressure level. T F
20. Rest, balance, sunlight, deep breathing exercises and trust in God can all help to normalize elevated blood pressure readings. T F