**QUIZ on HYPERTENSION**

*Please take this quiz to test your knowledge and awareness of high blood pressure.*  
*Score 7-9 Excellent! 4-7 Very good! Below 3- Can do with more updates!*

1. Which is the most desirable blood pressure (taken as average of 2 consecutive measurements at one point in time)?
   
   a) 180/110mmHg  
   b) 140/80mmHg  
   c) 130/90mmHg  
   d) 120/80mmHg  
   e) 80/60mmHg

2. Select the true statement from the following.
   
   a) The older we get, the greater is our risk to develop high blood pressure.  
   b) Hypertension shows symptoms in most people.  
   c) Hypertension is inherited so the best way is to take medicines.  
   d) Sea salt contains lots of mineral so it is good for hypertension.  
   e) Being overweight is not related to hypertension.

3. The risk of developing high blood pressure can be reduced by: *(choose all that apply)*
   
   a) Reducing salt intake  
   b) Eating a balanced diet  
   c) Avoiding harmful use of alcohol  
   d) Taking regular physical activity  
   e) Maintaining a healthy body weight  
   f) Avoiding tobacco use

4. What physical activities can help prevent and control hypertension? Choose all that apply.
   
   a) Lifting maximum weight barbell every two weeks  
   b) Jogging for 45 minutes once a month  
   c) Bicycling for 1 hour for most days of the week  
   d) Swimming for 30 minutes daily  
   e) Brisk walking for 30 minutes at least 5 times a week
5. Select the true statements.
   a) If your mother or father has hypertension, then you will also develop hypertension.
   b) Young adults don't get high blood pressure.
   c) You don't need to inform the healthcare provider about hypertension in your family.
   d) If you have 4 siblings and if two of them have hypertension, you need to pay more attention to your health.

6. What can be the signs and symptoms of high blood pressure? Choose all that apply.
   a) No symptoms
   b) Headache
   c) Shortness of breath
   d) Dizziness
   e) Chest pain
   f) Palpitation

7. Select the true statements.
   a) If you smoke tobacco and if you are a hypertensive, then there is a higher chance of developing complications.
   b) Eating pork frequently is good to prevent hypertension.
   c) Eating mackerel is not recommended because it is an oily fish.
   d) If you are overweight, you are more likely to develop high blood pressure.
   e) It is important to take blood pressure medication regularly.

8. What organs are affected by high blood pressure? Choose all that apply.
   a) Eyes
   b) Kidney
   c) Heart
   d) Brain
   e) Lungs
   f) Stomach

9. What is the recommended food for the person with hypertension? Choose all that apply.
   a) Eating more fibre rich foods
   b) Foods low in salt
   c) Eating less red meat (especially processed meats)
   d) Eating more fruits, vegetables, and low-fat dairy foods
   e) Reducing foods that are high in saturated fat, cholesterol, and trans fats
   f) Eating more fish, poultry, and nuts
Q 1. ANSWER: d
Hypertension is defined as a systolic blood pressure equal to or above 140 mm Hg and/or diastolic blood pressure equal to or above 90 mm Hg. According to the WHO-ISH Guideline on hypertension on 1999, optimal blood pressure level is less than 120mmHg (systolic) and 80mmHg (diastolic).

Q 2. ANSWER: a
The older we get, the greater is our risk to develop high blood pressure. Hypertension usually has no symptom. Lifestyle modifications should be considered by everyone.

Hypertension can be familial. The risk for high blood pressure can increase even more when combined with unhealthy lifestyle choices.

WHO recommends reducing salt intake to less than 5g per day. Salt type should not be differentiated if the salt contains sodium. (Only potassium containing/low sodium salts to be differentiated)

Obesity is strongly related to major cardiovascular risk factors, such as hypertension, glucose intolerance, type 2 diabetes and dyslipidemia.

Q 3. ANSWER: a, b, c, d, e and f (All are correct)
Hypertension is preventable and treatable.

The risk of developing hypertension can be reduced by: reducing salt intake, eating a balanced diet, avoiding harmful use of alcohol, regular physical activity, maintaining a healthy body weight and avoiding tobacco use.

WHO recommends reducing salt intake to less than 5g per day

Q 4. ANSWER: c, d and e
WHO recommends that adults aged 18–64 years should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week, or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity.

Q 5. ANSWER: d
A family history of hypertension is a risk factor for developing hypertension. It is important to understand that a family history of hypertension does not mean you will have hypertension, however it increase your risk. Young adults also have a chance to develop hypertension although it is lower than older adults.
Q 6. ANSWER: a, b, c, d, e, f (all)

Hypertension usually does not have symptoms and is a silent killer. That is why it is important to have your blood pressure regularly checked. However, sometimes high blood pressure can cause symptoms such as headache, shortness of breath, dizziness, chest pain, palpitations and nose bleeds.

Q 7. ANSWER: a, d, e

Tobacco smoking is a major risk factor for heart disease and stroke. It injures blood vessels and speeds up the hardening of arteries. Regular fish consumption and avoiding red meat (such as pork and beef) may yield additional health benefits. Overweight and obesity are strongly related to cardiovascular risk factors, such as hypertension, glucose intolerance, type 2 diabetes and dyslipidemia.

Q 8. ANSWER: a, b, c, d

Hypertension increases the risk of heart attacks, heart failure, strokes, impaired vision and kidney failure. The higher the blood pressure value is, the higher is the potential for harmful consequences to the heart and blood vessels in major organs like the brain and kidneys.

Q 9. ANSWER: a, b, c, d, e and f (All)

Fruits, vegetables, low fat dairy products and foods with complex carbohydrates, low in fat, saturated fat, cholesterol and sodium are recommended for people with hypertension.