

Grade 7 Vocabulary

Word Meanings

Week 45

Directions: Look at the words in the list below. There is a definition and two phrases to help you learn the new vocabulary.

Word	Meaning	Examples
hypertension (noun)	high blood pressure	"suffering from hypertension"; "medicine for hypertension"
systolic (adjective)	relating to the heartbeat when the muscle contracts pumping blood into the chambers of the arteries	"systolic pressure is too high"; "monitor systolic pressure"
diastolic (adjective)	relating to the heartbeat when the muscle relaxes and chambers fill with blood	"high diastolic pressure"; "diastolic pressure is increasing"
remedy (noun)	treatment for disease or injury	"a homemade remedy"; "a known remedy"
toll (noun)	the cost or damage from something specific	"toll on the body"; "took a toll on her health"

Word	Meaning	Examples
debilitating (adjective)	weakening something or making weak from disease	"a debilitating illness"; "debilitating side effects"
lifespan (noun)	the length of time someone lives	"shorten a lifespan"; "a typical lifespan"
eminent (adjective)	respected in a profession or sphere, distinguished	"an eminent physician"; "eminent researcher"
robust (adjective)	strong, sturdy, tough	"a robust workout"; "a robust build"
trigger (verb)	to cause some event to happen	"trigger a panic attack"; "trigger a heart attack"

Word	Meaning	Examples
urgent (adjective)	pressing, requiring immediate action or attention, desperate	"an urgent situation"; "urgent care facility"
precursor (noun)	forerunner, predecessor, the thing that comes before	"precursor to a heart attack"; "precursor to heart disease"
arteries (noun)	tubes forming part of the circulatory system through which oxygenated blood is moved through the body	"a blockage in the arteries"; "arteries are showing damage"
indicate (verb)	to be a sign of, a symptom of, point to	"indicate an issue"; "indicate a problem"
consume (verb)	to use up, to devour, to eat	"consume all the snacks"; "consume unhealthy foods"

