

Grade 7 Vocabulary

Week 45: Worksheet 3

Directions: Bridget had to write about a common medical disorder. Help her fill in the missing words to complete the report.

High blood pressure, also known as _____ (*systolic, hypertension, debilitating*), is a common problem among adults in the United States. Everyone has likely experienced high blood pressure at some point, usually short term when you are excited, scared, or stressed. Hypertension is different. It is sustained high blood pressure over time which is dangerous to your health. To be considered as having a high blood pressure reading your _____ (*systolic, diastolic, arteries*) or the times your heart contracts in a minute needs to be less than 120 mm and the _____ (*systolic, diastolic, arteries*) number needs to be 80 or less. This is measured with a blood pressure cuff.

High blood pressure is most often caused from a lifetime of not exercising and choosing to _____ (*remedy, trigger, consume*) unhealthy foods the majority of the time. This clogs the _____ (*arteries, precursor, debilitating*) and forces the heart to work harder to pump blood through the body. Over time, this can be _____ (*eminent, trigger, debilitating*) because the person will not feel well enough to enjoy life. In addition, high blood pressure can be a _____ (*remedy, trigger, precursor*) to more serious conditions like heart disease or a heart attack.

While high blood pressure is not necessarily an _____ (*urgent, eminent, indicate*) health concern, it should not be ignored. See a doctor and find a _____ (*precursor, remedy, toll*) that works for you and your life. Then take better care of yourself and get healthy to make sure you can live your full _____ (*toll, indicate, lifespan*).





Answer Key

Worksheet 3

hypertension

systolic

diastolic

consume

arteries

debilitating

precursor

urgent

remedy

lifespan