

## Grade 7 Vocabulary

### Use of Vocabulary Words in Context

#### Week 45

Directions: Read the passage below to better understand the vocabulary words.

#### Vocabulary Words

**hypertension**

**systolic**

**diastolic**

**remedy**

**toll**

**debilitating**

**lifespan**

**eminent**

**robust**

**trigger**

**urgent**

**precursor**

**arteries**

**indicate**

**consume**

**Hint:** When learning new terms, look for context clues to help determine the meaning. If the sentence you find the word in is not helpful, keep reading to see if it can be understood.

#### My Yearly Physical

Each year I go to my doctor for a yearly physical. This is to make sure I am healthy and to make sure I do not have any **precursors** for a **debilitating** disease that would shorten my **lifespan**. My doctor does the normal tests each time, but this time, he was concerned I may be developing **hypertension**. Both my **systolic** and **diastolic** numbers were high. My doctor explained that it was not a life threatening or **urgent** matter, but he did want me to track my pressure daily at home and record the numbers.

I was happy to follow orders and when at home I started recording my blood pressure and what activity I was doing each time it was taken. When I returned to the doctor, he informed me the results did **indicate** high blood pressure. He explained that I needed to learn to **consume** more healthy foods and much less junk food. He would also give me a low dose medication, but the real, **eminent remedy** would be a healthier lifestyle. I also had to create a realistic exercise routine.

I do not want my **arteries** to get clogged and **trigger** a heart attack or let my lack of good choices in food take any further **toll** on my body, so I will do as I am asked. I want to live a full, **robust** life to spend with my family for many years to come.

