

Doplňující otázky

High blood pressure

1. What is high blood pressure?
2. How is blood pressure expressed/shown? (in what numbers?) What is normal blood pressure?
3. What does high blood pressure cause?
4. What are factors whose effects cause hypertension?
5. What groups of people are most endangered?
6. How is blood pressure measured?
7. What does the cuff consist of?
8. What diet can help lower high blood pressure?
9. How does exercise help?
10. What else can help?