

Name of the student: *Date:* 31/10/2020

Blood Pressure:

The pressure of blood against the wall of artery is called blood pressure.

- ✓ The contraction of the heart (ventricles) is called **systole**.
- ✓ Relaxation of the heart (ventricles) is called **diastole**.
- ✓ Blood pressure can be measured with the help of **sphygmomanometer**.

Types of Blood Pressure:

1) The pressure in the artery during systolic condition is called **systolic blood pressure**.

- The pressure in the artery during systolic condition is high.
- The normal range of systolic blood pressure should be 90 – 120 mm Hg.

2) The pressure during the diastolic condition is called **diastolic pressure**.

- The pressure in the artery during diastolic condition is less.
- The normal range of diastolic blood pressure should be 60 – 80 mm Hg.

Both Diastolic and Systolic are derived from the Greek word. Diastolic meaning is drawing apart and Systolic meaning is drawing together.

- **Pulse pressure** is the difference between **systolic** and **diastolic** blood pressure.
- Normal pulse pressure is **40 mm Hg**.

The normal **rate of the pulse** (heart beat rate) is about **62-100 beat per minute** in an adult at rest.

- Normally pulse rate is measured in the **radial artery** at the wrist.
- It can be measured by the blood pressure machine on sphygmomanometer.

Ideal Blood Pressure:

If the systolic blood pressure is 120 mm Hg or slightly less than that and diastolic blood pressure is 80 mm Hg or slightly less than that is called ideal blood pressure.

- ✓ According to the physician a normal adult man's blood pressure is generally near about **120/80 mm Hg**.

Q. Write five differences between systolic blood pressure and diastolic blood pressure.

Systolic blood pressure	Diastolic blood pressure

High Blood Pressure:

When systolic and diastolic pressures rise more than the normal pressure, this is called high blood pressure or hypertension.

- ✓ One of the main causes of heart disease and stroke is high blood pressure.

Q. Why is High blood pressure considered as the silent killer?

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Causes of Hypertension:

- Smoking
- Obesity
- Salty and fatty diet
- History of diabetes and cholesterol in family
- Eclampsia at the time of child birth

Q. What measures should be taken to prevent high blood pressure or hypertension?

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What would happen if there was no blood pressure?

