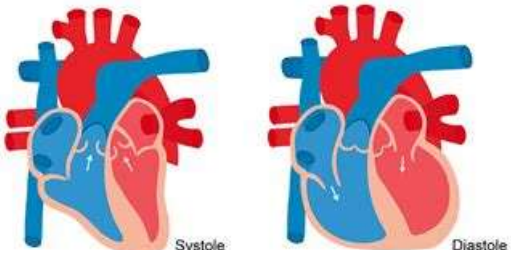
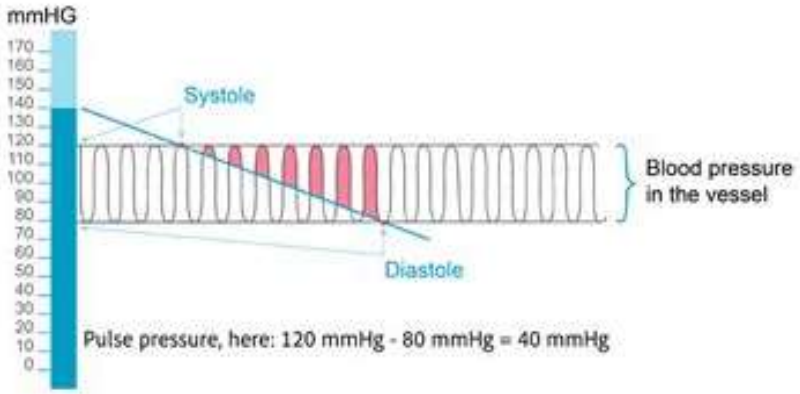
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Sujet : Fighting against hypertension

Doc 1: blood pressure





- ***Systolic blood pressure*** *is the first (top/upper) number. It measures the pressure your blood is pushing against your artery walls when the heart beats.*
- ***Diastolic blood pressure*** *is the second (bottom/lower) number. It measures the pressure your blood is pushing against your artery walls while the heart muscle rests between beats.*

mmHg means Mercury millimeters it is a pressure unit. 1 mmHg = 133,32 Pa (Pascal). A pressure is a force per unit of surface.

Doc 2 : Blood pressure values

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)	and/or	DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130 – 139	or	80 – 89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120

Doc 3 : Fighting back against the silent killer







Main ideas to develop to answer to the problem: blood pressure – systolic/diastolic pressure - hypertension – how to reduce hypertension? -medical monitoring - lifestyle

Other tracks: sport and benefits on health – your sport practice- food habit