

HYPERTENSION

High blood pressure, also known as hypertension, is the leading preventable cause of heart disease. It affects an estimated 1.3 billion people worldwide. New guidelines from the International Society of Hypertension (ISH) include meditating for 45 minutes each day to reduce blood pressure. The ISH says "body and mind" goals should be adopted in conjunction with established advice, like cutting down on salt, limiting alcohol intake, and exercising regularly. Study author Dr Bryan Williams told the BBC: "It all sounds like it is a bit...fluffy, but these things make such an important contribution to reducing the effects of stress on the cardiovascular system, and the evidence is accumulating."



Hypertension is often referred to as the "silent killer" because it rarely presents symptoms. High blood pressure increases the risk of heart disease, heart failure, and stroke. It kills approximately 10 million people every year. Nearly half of Americans and 30 percent of people worldwide struggle with it. Dr Williams said: "There's so much people can do for themselves. All of us need to take a step back and...decompress and just relax." The American Heart Association also says meditating can help to lower blood pressure through "thoughtful awareness" or "restful alertness". The association reports that many studies show that "quieting the brain" benefits the cardiovascular system.

Multiple Choice Quiz

1) What's another name for high blood pressure? a) hyper-stress b) hypotension c) hypo-pressure d) hypertension	6) Why is high blood pressure often called the "silent killer"? a) No one hears it. b) It leaves no trace. c) It rarely presents symptoms. d) It suddenly appears.
2) How many people worldwide suffer from high blood pressure? a) 1.2 billion b) 1.3 billion c) 1.4 billion d) 1.5 billion	7) How many people does high blood pressure kill every year? a) approximately 10 million b) precisely 10 million c) just over 10 million d) slightly fewer than 10 million
3) What is recommended along with limiting salt and alcohol, and exercising? a) fruit and vegetables b) napping and sleeping c) music and movies d) mind and body goals	8) What does a doctor say we should do after taking a step back? a) take two steps forward b) sit down c) decompress and relax d) take a nap
4) What did a doctor say meditating sounded like? a) marshmallow b) angels singing c) a bit fluffy d) humming	9) What does a heart association recommend besides "restful alertness"? a) conscious awareness b) thoughtful awareness c) conscious consciousness d) thoughtful thoughts
5) What did the doctor say is accumulating? a) stress b) pressure c) blood pressure pills d) evidence	10) What might "quieting the brain" benefit? a) the cardiovascular system b) studying for exams c) other people d) headaches

SYNONYM MATCH: Match the following synonyms from the article.

1. leading	a. embraced
2. adopted	b. consciousness
3. limiting	c. growing
4. evidence	d. signs
5. accumulating	e. grapple
6. symptoms	f. main
7. decompress	g. aids
8. struggle	h. calm down
9. awareness	i. proof
10. benefits	j. restricting