

Fill in the blank with the correct option

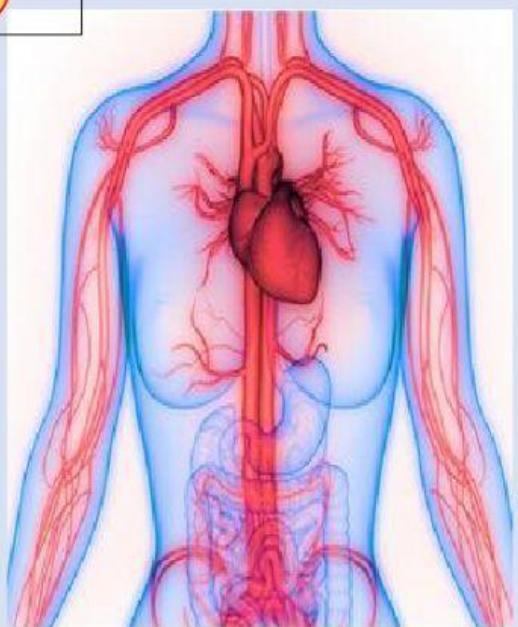
Hypertension

----- is also known as high blood pressure. It means that the blood pressure in the arteries is higher than it should be. This makes the heart work harder than normal to ----- blood through the blood vessels. It is a ----- condition.

Hypertension can affect anyone. The risk of developing it increases with age, family history, lifestyle factors such as being -----, having too much ----- in the diet, -----, not doing exercise, and having high-stress levels add to the risk of developing the condition.

The signs and symptoms of hypertension are severe headache, tiredness or confusion, ----- problems, ----- pain, irregular ----- and breathing.

Hypertension can be managed by medication and changes to -----.

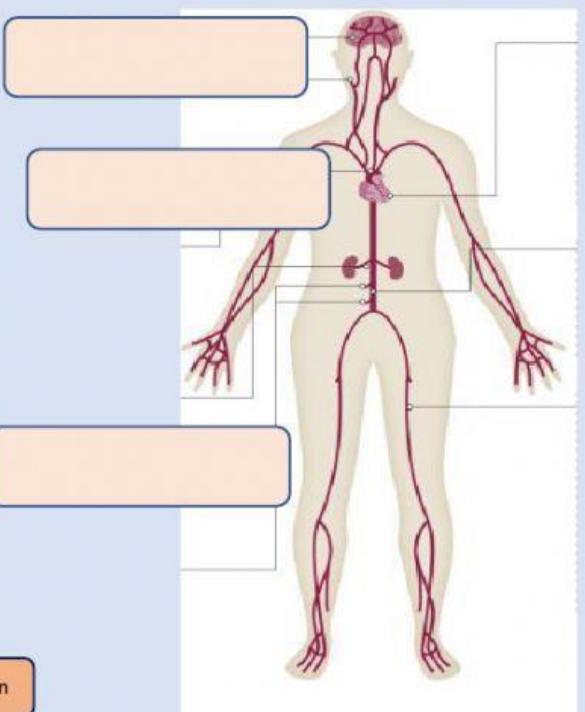


Atherosclerosis

----- happens when a fatty substance called plaque builds up in the ----- and eventually blocks blood flow. If this happens in the arteries of the -----, it can cause a blockage which can lead to a heart attack. In the -----, it can cause a stroke.

The narrowing of arteries happens over time. Risk factors include ----- of heart disease, hypertension and ----- lifestyle choices.

The best way to manage atherosclerosis is by making lifestyle changes such as losing -----, having a healthy -----, and exercising. Treatment for the disease includes: medication, ----- to remove the plaque in the arteries or to create new arteries.



Drop the signs of atherosclerosis in the box where they happen

weakness in the body, loss of vision and difficulty speaking

pain in the arms or legs

severe chest pain