

**Well Aware Hypertension  
Online Education Hypertension Class Quiz**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Instructions:** Please complete the following quiz based on the information presented in the *Well Aware Hypertension* online education session. Return the completed quiz, in a sealed envelope, to the Wellness Center, either in the basement mail room box marked 'Well Aware' **or** return via regular mail to Well Aware Health Coaches, Oconee Medical Center, 298 Memorial Dr, Seneca, SC 29678.

1. Most people with hypertension recognize it by experiencing multiple symptoms.
  - a. True
  - b. False
  
2. Hypertension is usually caused by clogs or blockages in the arteries that forces the heart to work harder to pump blood throughout the body.
  - a. True
  - b. False
  
3. Hypertension can cause conditions such as stroke, heart failure, dementia, kidney failure, impotence, and vision loss.
  - a. True
  - b. False
  
4. Normal blood pressure is a systolic (top number) below 130 and a diastolic (bottom number) below 90.
  - a. True
  - b. False
  
5. Hypertension can be diagnosed from one measurement of blood pressure.
  - a. True
  - b. False
  
6. The best time to take blood pressure is:
  - a. Early morning and late afternoon
  - b. Late morning and early afternoon
  - c. Nighttime
  - d. Any time is good for taking blood pressure
  
7. When testing blood pressure you should ensure which of the following:
  - a. Not to test during time of increased pain or stress
  - b. Measure at least 30 minutes since last meal, caffeine or nicotine.
  - c. Bladder should be empty.
  - d. All of the above.

8. When testing blood pressure at home, you can lie down or stand while taking your blood pressure.
  - a. True
  - b. False
  
9. Blood pressure can be lowered by lifestyle changes such as which of the following:
  - a. Losing weight
  - b. Participating in regular physical activity
  - c. Not smoking & limiting alcohol intake
  - d. Eating more fruits, vegetables and whole grains
  - e. All of the above
  
10. After 2 cigarettes the systolic and diastolic BP increases about 10 mm Hg and keeps it there for at least 30 minutes. (Hint: Does smoking increase blood pressure?)
  - a. True
  - b. False
  
11. A person who smokes and has high blood pressure is at greater risk for heart failure, heart attack, and stroke.
  - a. True
  - b. False
  
12. For men, the DASH diet recommends limiting alcohol intake to 4 or less drinks per day.
  - a. True
  - b. False
  
13. An average American should consume no more than \_\_\_\_\_ mg of Sodium per day.
  - a. 500 mg
  - b. 1000 mg
  - c. 1500 mg
  - d. 2300 mg
  
14. If you have hypertension you are recommended to consume no more than \_\_\_\_\_ mg of Sodium per day.
  - a. 500 mg
  - b. 1000 mg
  - c. 1500 mg
  - d. 2300 mg
  
15. Over the counter medications such as cold remedies, appetite suppressants, NSAIDS (such as aspirin, Advil and Aleve) can increase blood pressure.
  - a. True
  - b. False
  
16. Some people may need more than one prescription medication to control their blood pressure.
  - a. True
  - b. False
  
17. Following the DASH Diet (Dietary Approaches to Stopping Hypertension), can also help lower your risk for developing diabetes, certain cancers, and osteoporosis.
  - a. True
  - b. False