



Interview: hypertension risks and prevention

⇒ Listen to the interview and answer the following questions.

1. Which BP values are regarded as hypertension?
2. Doctors long were not sure which of the two values, the systolic or the diastolic value played a more important role in diagnosing hypertension.

What was the old theory?

What are the new findings?

3. How many Americans are affected by hypertension?
4. List the possible consequences of hypertension.
5. Is hypertension normal when you get older? Can you ignore it?
6. What measures can you take to prevent hypertension?