

Hypertension Quiz: 100 Multiple-Choice Questions

1. What is hypertension?

- A. Low blood sugar
- B. High blood pressure
- C. High cholesterol
- D. Low heart rate

2. What is considered a normal blood pressure reading for most adults?

- A. 160/100 mmHg
- B. 140/90 mmHg
- C. Below 120/80 mmHg
- D. 130/95 mmHg

3. Which number in a blood pressure reading is the systolic pressure?

- A. The bottom number
- B. The middle number
- C. The first/top number
- D. The average number

4. What does the diastolic number represent?

- A. Pressure when the heart rests between beats
- B. Blood sugar level
- C. Oxygen level
- D. Heart rhythm

5. Which organ is most commonly damaged by uncontrolled hypertension?

- A. Skin
- B. Kidneys
- C. Teeth
- D. Liver only

6. Hypertension is often called:

- A. The red disease
- B. The sleeping sickness
- C. The silent killer
- D. The hidden flu

7. Which lifestyle habit increases the risk of hypertension?

- A. Regular exercise
- B. Excess salt intake
- C. Drinking water
- D. Eating vegetables

8. Which blood pressure reading is classified as Stage 1 hypertension?

- A. 110/70 mmHg
- B. 118/78 mmHg
- C. 130/80 mmHg
- D. 90/60 mmHg

9. Which factor cannot be changed as a risk factor for hypertension?

- A. Diet
- B. Exercise habits
- C. Age
- D. Smoking

10. Which mineral helps regulate blood pressure?

- A. Potassium
- B. Lead
- C. Mercury
- D. Iron only

11. What device is used to measure blood pressure?

- A. Thermometer
- B. Sphygmomanometer
- C. Stethoscope only
- D. Pulse oximeter

12. Which condition may result from uncontrolled hypertension?

- A. Stroke
- B. Broken bones
- C. Appendicitis
- D. Cataracts only

13. Which food is typically highest in sodium?

- A. Fresh fruit
- B. Processed soup
- C. Plain rice
- D. Fresh spinach

14. Which type of exercise can help lower blood pressure?

- A. Aerobic exercise
- B. No activity
- C. Excessive bed rest
- D. Only stretching once monthly

15. Smoking affects blood pressure by:

- A. Relaxing arteries permanently
- B. Narrowing blood vessels
- C. Lowering heart rate permanently
- D. Improving circulation

16. Which beverage can contribute to elevated blood pressure when consumed excessively?

- A. Water
- B. Herbal tea
- C. Alcohol

D. Milk only

17. What is white coat hypertension?

- A. High blood pressure only at home
- B. High blood pressure in medical settings
- C. Low blood pressure during sleep
- D. Hypertension caused by infection

18. Which hormone system helps regulate blood pressure?

- A. Renin-angiotensin-aldosterone system
- B. Digestive enzyme system
- C. Visual cortex system
- D. Skeletal system

19. Obesity increases hypertension risk because it:

- A. Reduces blood flow needs
- B. Places extra strain on the heart
- C. Eliminates sodium
- D. Improves artery flexibility

20. Which symptom is common in severe hypertension?

- A. Severe headache
- B. Improved vision
- C. Increased appetite
- D. Sneezing

21. Hypertensive crisis generally refers to blood pressure above:

- A. 120/80 mmHg
- B. 140/90 mmHg
- C. 180/120 mmHg
- D. 100/60 mmHg

22. Which medication class removes excess fluid from the body?

- A. Diuretics
- B. Antibiotics
- C. Antihistamines
- D. Antacids

23. ACE inhibitors work by:

- A. Increasing sodium retention
- B. Relaxing blood vessels
- C. Raising cholesterol
- D. Slowing digestion

24. Which population has a higher risk of hypertension?

- A. Sedentary individuals
- B. Active athletes only
- C. Infants exclusively
- D. People with low sodium intake

25. Which diet is often recommended for hypertension?

- A. DASH diet
- B. Liquid-only diet
- C. Candy diet
- D. High-salt diet

26. DASH stands for:

- A. Dietary Approaches to Stop Hypertension
- B. Daily Activity Sodium Habit
- C. Dietary Action Salt Handling
- D. Direct Artery Support Health

27. Sleep apnea is associated with:

- A. Lower blood pressure only
- B. Increased hypertension risk
- C. Better oxygen flow
- D. Reduced stress hormones

28. Chronic stress may increase blood pressure through:

- A. Hormonal activation
- B. Bone growth
- C. Hair growth
- D. Reduced circulation

29. Which artery pressure is more predictive of cardiovascular risk in older adults?

- A. Systolic pressure
- B. Diastolic pressure only
- C. Eye pressure
- D. Venous pressure

30. Which nutrient should often be reduced to manage hypertension?

- A. Sodium
- B. Fiber
- C. Calcium
- D. Vitamin C

31. Which complication can hypertension cause in the eyes?

- A. Retinopathy
- B. Cataracts only
- C. Ear infection
- D. Color blindness

32. Family history affects hypertension because of:

- A. Genetics
- B. Hair color
- C. Shoe size
- D. Handedness

33. Which type of hypertension has no identifiable cause?

- A. Primary hypertension
- B. Secondary hypertension
- C. Emergency hypertension
- D. Temporary hypertension

34. Secondary hypertension results from:

- A. Another medical condition
- B. Eating vegetables
- C. Good sleep habits
- D. Youthfulness

35. Which age group can develop hypertension?

- A. Adults only
- B. Elderly only
- C. Any age group
- D. Teenagers only

36. Which test may help evaluate kidney involvement in hypertension?

- A. Urinalysis
- B. Vision test
- C. Hearing exam
- D. Bone scan

37. Resistant hypertension means:

- A. Blood pressure controlled easily
- B. Blood pressure difficult to control despite treatment
- C. Temporary stress-related hypertension
- D. Low blood pressure episodes

38. Which class of medication slows heart rate?

- A. Beta blockers
- B. Antibiotics

- C. Steroids
- D. Antifungals

39. Calcium channel blockers help by:

- A. Tightening arteries
- B. Relaxing blood vessels
- C. Increasing sodium levels
- D. Thickening blood

40. Hypertension increases risk for:

- A. Heart attack
- B. Broken fingernails
- C. Tooth decay
- D. Seasonal allergies

41. Which habit may help lower blood pressure naturally?

- A. Weight loss
- B. Excess caffeine intake
- C. Smoking
- D. Sleep deprivation

42. Excessive caffeine may:

- A. Temporarily increase blood pressure
- B. Cure hypertension
- C. Eliminate sodium
- D. Stop heart function

43. What is ambulatory blood pressure monitoring?

- A. Surgery for hypertension
- B. 24-hour blood pressure monitoring
- C. Exercise testing only
- D. Blood sugar monitoring

44. Which race in the United States has higher average hypertension rates?

- A. African Americans
- B. All races equally
- C. None of the above
- D. Arctic populations only

45. Pregnancy-related hypertension can lead to:

- A. Preeclampsia
- B. Improved circulation
- C. Reduced swelling
- D. Lower blood sugar only

46. Which symptom may indicate hypertensive emergency?

- A. Chest pain
- B. Mild hunger
- C. Dry skin
- D. Sneezing

47. Which blood vessels are primarily affected in hypertension?

- A. Arteries
- B. Tendons
- C. Ligaments
- D. Cartilage

48. Which factor helps prevent hypertension?

- A. Limiting processed foods
- B. Smoking cigarettes
- C. Heavy alcohol intake
- D. Chronic stress

49. What is isolated systolic hypertension?

- A. Elevated systolic pressure with normal diastolic pressure

- B. Low systolic pressure only
- C. Elevated diastolic pressure only
- D. Temporary hypertension

50. Which medical specialist commonly treats hypertension?

- A. Cardiologist
- B. Dermatologist
- C. Ophthalmologist only
- D. Podiatrist

51. Hypertension may contribute to heart failure because it:

- A. Weakens heart muscle over time
- B. Strengthens arteries permanently
- C. Stops blood circulation
- D. Eliminates oxygen

52. Which action is recommended before measuring blood pressure?

- A. Rest quietly for several minutes
- B. Run upstairs quickly
- C. Drink energy drinks
- D. Smoke cigarettes

53. Blood pressure cuffs that are too small may:

- A. Give falsely high readings
- B. Give falsely low readings
- C. Stop circulation permanently
- D. Measure glucose

54. Which vitamin deficiency is directly responsible for most hypertension?

- A. None specifically
- B. Vitamin C
- C. Vitamin A
- D. Vitamin K

55. Which condition commonly coexists with hypertension?

- A. Diabetes
- B. Broken bones
- C. Nearsightedness
- D. Appendicitis

56. Hypertension can damage arteries by:

- A. Causing thickening and stiffening
- B. Making them invisible
- C. Removing oxygen
- D. Dissolving tissue instantly

57. Which reading is considered elevated blood pressure?

- A. 118/78 mmHg
- B. 122/78 mmHg
- C. 90/60 mmHg
- D. 100/65 mmHg

58. What role does sodium play in hypertension?

- A. It can increase fluid retention
- B. It lowers blood volume
- C. It weakens bones only
- D. It stops kidney function immediately

59. Which fruit is high in potassium?

- A. Banana
- B. Candy bar
- C. White bread
- D. Soda

60. Which activity is beneficial for blood pressure control?

- A. Walking regularly

- B. Sitting all day
- C. Smoking daily
- D. Eating excess salt

61. Which blood pressure component measures artery pressure during heart contraction?

- A. Systolic
- B. Diastolic
- C. Venous
- D. Pulmonary only

62. Chronic kidney disease can:

- A. Cause hypertension
- B. Cure hypertension
- C. Prevent circulation
- D. Improve sodium balance automatically

63. Which hormone can raise blood pressure during stress?

- A. Adrenaline
- B. Insulin
- C. Melatonin
- D. Estrogen only

64. Untreated hypertension can increase risk of:

- A. Aneurysm
- B. Improved memory
- C. Better sleep
- D. Hair growth

65. Which type of salt reduction strategy is effective?

- A. Reading food labels
- B. Adding extra table salt
- C. Eating more processed snacks
- D. Avoiding vegetables

66. Which body system is most directly affected by hypertension?

- A. Cardiovascular system
- B. Digestive system only
- C. Skeletal system
- D. Reproductive system only

67. Which pressure level is considered Stage 2 hypertension?

- A. 118/76 mmHg
- B. 125/78 mmHg
- C. 145/92 mmHg
- D. 105/60 mmHg

68. Which medication type blocks angiotensin receptors?

- A. ARBs
- B. Antibiotics
- C. Vaccines
- D. Antidepressants

69. Which lifestyle factor lowers hypertension risk?

- A. Managing stress
- B. Chronic insomnia
- C. Excess alcohol use
- D. Smoking

70. Which sign may occur with dangerously high blood pressure?

- A. Blurred vision
- B. Improved hearing
- C. Better balance
- D. Increased flexibility

71. Which blood pressure reading is hypotension rather than hypertension?

- A. 90/60 mmHg
- B. 145/90 mmHg
- C. 160/100 mmHg
- D. 180/120 mmHg

72. Excess body fat can increase hypertension risk by:

- A. Increasing vascular resistance
- B. Lowering circulation needs
- C. Shrinking arteries beneficially
- D. Eliminating stress hormones

73. Which cooking method may help reduce sodium intake?

- A. Preparing meals at home
- B. Eating fast food daily
- C. Using packaged sauces heavily
- D. Adding salt to every dish

74. What does mmHg stand for?

- A. Millimeters of mercury
- B. Meters of heart growth
- C. Muscle movement gauge
- D. Maximum medical guideline

75. Which condition may be caused by long-term hypertension?

- A. Left ventricular hypertrophy
- B. Bone fracture
- C. Tooth erosion
- D. Skin infection

76. Which habit supports healthy blood pressure?

- A. Adequate sleep
- B. Chronic stress
- C. Smoking
- D. Heavy sodium intake

77. Which population should have blood pressure checked regularly?

- A. Adults
- B. Athletes only
- C. Children only
- D. None of the above

78. Which factor may temporarily elevate blood pressure?

- A. Anxiety
- B. Meditation
- C. Relaxation
- D. Deep breathing

79. Which nutrient-rich foods are emphasized in the DASH diet?

- A. Fruits and vegetables
- B. Candy and soda
- C. Fried foods
- D. Processed meats

80. Which medical emergency can result from uncontrolled hypertension?

- A. Stroke
- B. Common cold
- C. Acne
- D. Sprained ankle

81. Which monitoring method can help patients track blood pressure?

- A. Home blood pressure monitor
- B. Thermometer only
- C. Glucose strip only
- D. Eye chart

82. Which mineral should often be increased alongside sodium reduction?

- A. Potassium
- B. Lead
- C. Mercury
- D. Sodium

83. Hypertension damages the brain by increasing risk of:

- A. Stroke and cognitive decline
- B. Broken bones
- C. Tooth loss
- D. Hearing improvement

84. Which group of foods often hides large amounts of sodium?

- A. Processed foods
- B. Fresh fruits
- C. Unsalted nuts
- D. Oatmeal

85. What is the purpose of antihypertensive medication?

- A. Lower blood pressure
- B. Increase cholesterol
- C. Raise blood sugar
- D. Improve vision only

86. Which action may improve medication effectiveness?

- A. Taking medication consistently
- B. Skipping doses frequently
- C. Doubling doses randomly
- D. Stopping medication without advice

87. Which complication involves kidney failure from hypertension?

- A. Hypertensive nephropathy

- B. Pneumonia
- C. Arthritis
- D. Bronchitis

88. Which activity is part of stress management?

- A. Meditation
- B. Smoking
- C. Heavy alcohol intake
- D. Sleep deprivation

89. Why is hypertension screening important?

- A. Many people have no symptoms
- B. Hypertension always causes pain
- C. Blood pressure never changes
- D. Screening lowers blood sugar

90. Which type of fat should be limited for heart health?

- A. Saturated fat
- B. Fiber
- C. Potassium
- D. Water

91. Which factor can affect blood pressure measurement accuracy?

- A. Talking during measurement
- B. Quiet sitting
- C. Correct cuff size
- D. Resting beforehand

92. Which hormone-related tumor may cause secondary hypertension?

- A. Pheochromocytoma
- B. Lipoma
- C. Fibroma
- D. Melanoma

93. Which habit increases cardiovascular risk alongside hypertension?

- A. Smoking
- B. Walking
- C. Yoga
- D. Hydration

94. Which condition stiffens arteries and contributes to hypertension?

- A. Atherosclerosis
- B. Asthma
- C. Osteoporosis
- D. Dermatitis

95. Which age-related change contributes to isolated systolic hypertension?

- A. Arterial stiffness
- B. Hair loss
- C. Reduced appetite
- D. Bone thinning

96. Which dietary approach supports hypertension prevention?

- A. Eating more whole grains
- B. Consuming excessive salt
- C. Drinking sugary soda daily
- D. Avoiding vegetables

97. Which healthcare professional can help plan a hypertension-friendly diet?

- A. Registered dietitian
- B. Mechanic
- C. Architect
- D. Electrician

98. Which blood pressure reading indicates hypertensive crisis?

- A. 182/122 mmHg
- B. 118/78 mmHg
- C. 110/70 mmHg
- D. 122/76 mmHg

99. Which organ pumps blood through the body and is directly stressed by hypertension?

- A. Heart
- B. Liver
- C. Pancreas
- D. Gallbladder

100. What is one of the best ways to prevent hypertension complications?

- A. Early detection and treatment
- B. Ignoring symptoms
- C. Stopping medication suddenly
- D. Eating excess sodium