

## Hypertension Quiz: 100 Multiple-Choice Questions with Answers

1. What is hypertension?

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

Answer: B. High blood pressure

Explanation: Hypertension is the medical term for persistently elevated blood pressure in the arteries.

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

Answer: C. Below 120/80 mmHg

Explanation: A normal blood pressure is generally considered less than 120 systolic and less than 80 diastolic.

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

Answer: C. The first/top number

Explanation: Systolic pressure measures the force of blood against artery walls when the heart beats.

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

Answer: A. Pressure when the heart rests between beats

Explanation: Diastolic pressure reflects artery pressure when the heart is relaxing between contractions.

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

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

Answer: B. Kidneys

Explanation: High blood pressure can damage kidney blood vessels, reducing kidney function over time.

6. Hypertension is often called:

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

Answer: C. The silent killer

Explanation: Many people with hypertension have no symptoms until complications develop.

7. Which lifestyle habit increases the risk of hypertension?

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

Answer: B. Excess salt intake

Explanation: Too much sodium can cause fluid retention and increase blood pressure.

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

Answer: C. 130/80 mmHg

Explanation: Stage 1 hypertension begins at systolic 130 or diastolic 80.

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

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

Answer: C. Age

Explanation: Risk of hypertension increases naturally with age.

10. Which mineral helps regulate blood pressure?

- A. Potassium
- B. Lead

- C. Mercury
- D. Iron only

Answer: A. Potassium

Explanation: Potassium helps balance sodium levels and supports healthy blood pressure.

11. What device is used to measure blood pressure?

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

Answer: B. Sphygmomanometer

Explanation: A sphygmomanometer is the standard device used to measure blood pressure.

12. Which condition may result from uncontrolled hypertension?

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

Answer: A. Stroke

Explanation: High blood pressure damages blood vessels and increases stroke risk.

13. Which food is typically highest in sodium?

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

Answer: B. Processed soup

Explanation: Processed foods often contain large amounts of sodium.

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

Answer: A. Aerobic exercise

Explanation: Activities like walking and cycling improve heart health and lower blood pressure.

15. Smoking affects blood pressure by:

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

Answer: B. Narrowing blood vessels

Explanation: Nicotine constricts blood vessels and raises blood pressure.

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

- A. Water
- B. Herbal tea
- C. Alcohol
- D. Milk only

Answer: C. Alcohol

Explanation: Excess alcohol intake can increase blood pressure over time.

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

Answer: B. High blood pressure in medical settings

Explanation: Anxiety during doctor visits can temporarily elevate blood pressure.

18. Which hormone system helps regulate blood pressure?

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

Answer: A. Renin-angiotensin-aldosterone system

Explanation: This hormone system regulates blood vessel constriction and fluid balance.

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

Answer: B. Places extra strain on the heart

Explanation: Extra body weight increases the workload on the cardiovascular system.

20. Which symptom is common in severe hypertension?

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

Answer: A. Severe headache

Explanation: Extremely high blood pressure can cause headaches and neurological symptoms.

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

Answer: C. 180/120 mmHg

Explanation: A hypertensive crisis requires immediate medical attention.

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

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

Answer: A. Diuretics

Explanation: Diuretics help lower blood pressure by reducing fluid volume.

23. ACE inhibitors work by:

- A. Increasing sodium retention

- B. Relaxing blood vessels
- C. Raising cholesterol
- D. Slowing digestion

Answer: B. Relaxing blood vessels

Explanation: ACE inhibitors block hormone activity that tightens blood vessels.

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

Answer: A. Sedentary individuals

Explanation: Physical inactivity contributes to higher blood pressure.

25. Which diet is often recommended for hypertension?

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

Answer: A. DASH diet

Explanation: The DASH diet emphasizes fruits, vegetables, and low sodium foods.

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

Answer: A. Dietary Approaches to Stop Hypertension

Explanation: DASH is an evidence-based eating plan designed to reduce blood pressure.

27. Sleep apnea is associated with:

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

Answer: B. Increased hypertension risk

Explanation: Sleep apnea causes oxygen fluctuations that can raise blood pressure.

28. Chronic stress may increase blood pressure through:

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

Answer: A. Hormonal activation

Explanation: Stress hormones such as adrenaline temporarily raise blood pressure.

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

Answer: A. Systolic pressure

Explanation: Elevated systolic pressure is strongly linked to heart disease and stroke risk.

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

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

Answer: A. Sodium

Explanation: Excess sodium contributes to fluid retention and elevated blood pressure.

31. Which complication can hypertension cause in the eyes?

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

Answer: A. Retinopathy

Explanation: Hypertension can damage retinal blood vessels and impair vision.

32. Family history affects hypertension because of:

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

Answer: A. Genetics

Explanation: Certain inherited traits increase susceptibility to hypertension.

33. Which type of hypertension has no identifiable cause?

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

Answer: A. Primary hypertension

Explanation: Primary hypertension develops gradually without a single known cause.

34. Secondary hypertension results from:

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

Answer: A. Another medical condition

Explanation: Conditions such as kidney disease can cause secondary hypertension.

35. Which age group can develop hypertension?

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

Answer: C. Any age group

Explanation: Hypertension can occur in children, teens, and adults.

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

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

Answer: A. Urinalysis

Explanation: Protein in the urine may indicate kidney damage from hypertension.

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

Answer: B. Blood pressure difficult to control despite treatment

Explanation: Resistant hypertension persists despite multiple medications.

38. Which class of medication slows heart rate?

- A. Beta blockers
- B. Antibiotics
- C. Steroids
- D. Antifungals

Answer: A. Beta blockers

Explanation: Beta blockers reduce heart workload and lower blood pressure.

39. Calcium channel blockers help by:

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

D. Thickening blood

Answer: B. Relaxing blood vessels

Explanation: These medications reduce calcium entry into vessel walls, causing relaxation.

40. Hypertension increases risk for:

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

Answer: A. Heart attack

Explanation: High blood pressure damages arteries and increases cardiovascular disease risk.

41. Which habit may help lower blood pressure naturally?

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

Answer: A. Weight loss

Explanation: Losing excess weight often significantly lowers blood pressure.

42. Excessive caffeine may:

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

Answer: A. Temporarily increase blood pressure

Explanation: Caffeine can cause short-term increases in blood pressure.

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

Answer: B. 24-hour blood pressure monitoring

Explanation: This test measures blood pressure throughout daily activities and sleep.

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

Answer: A. African Americans

Explanation: African Americans have higher rates and complications related to hypertension.

45. Pregnancy-related hypertension can lead to:

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

Answer: A. Preeclampsia

Explanation: High blood pressure during pregnancy can threaten mother and baby.

46. Which symptom may indicate hypertensive emergency?

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

Answer: A. Chest pain

Explanation: Chest pain may signal dangerous cardiovascular complications.

47. Which blood vessels are primarily affected in hypertension?

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

Answer: A. Arteries

Explanation: Hypertension increases pressure within the arterial system.

48. Which factor helps prevent hypertension?

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

Answer: A. Limiting processed foods

Explanation: Processed foods often contain excessive sodium.

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

Answer: A. Elevated systolic pressure with normal diastolic pressure

Explanation: This condition is common in older adults due to stiff arteries.

50. Which medical specialist commonly treats hypertension?

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

Answer: A. Cardiologist

Explanation: Cardiologists specialize in heart and blood vessel disorders.

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

Answer: A. Weakens heart muscle over time

Explanation: The heart must work harder against elevated pressure.

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

Answer: A. Rest quietly for several minutes

Explanation: Resting improves accuracy of blood pressure measurements.

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

Answer: A. Give falsely high readings

Explanation: Improper cuff size affects reading accuracy.

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

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

Answer: A. None specifically

Explanation: Hypertension usually results from multiple factors rather than one vitamin deficiency.

55. Which condition commonly coexists with hypertension?

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

Answer: A. Diabetes

Explanation: Diabetes and hypertension frequently occur together and increase cardiovascular risk.

56. Hypertension can damage arteries by:

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

Answer: A. Causing thickening and stiffening

Explanation: Persistent high pressure injures artery walls.

57. Which reading is considered elevated blood pressure?

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

Answer: B. 122/78 mmHg

Explanation: Elevated blood pressure is systolic 120–129 with diastolic below 80.

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

Answer: A. It can increase fluid retention

Explanation: Retained fluid increases blood volume and pressure.

59. Which fruit is high in potassium?

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

Answer: A. Banana

Explanation: Bananas are rich in potassium, which supports healthy blood pressure.

60. Which activity is beneficial for blood pressure control?

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

Answer: A. Walking regularly

Explanation: Regular physical activity improves cardiovascular health.

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

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

Answer: A. Systolic

Explanation: Systolic pressure reflects pressure during heartbeats.

62. Chronic kidney disease can:

- A. Cause hypertension
- B. Cure hypertension

- C. Prevent circulation
- D. Improve sodium balance automatically

Answer: A. Cause hypertension

Explanation: Diseased kidneys may poorly regulate fluid and blood pressure.

63. Which hormone can raise blood pressure during stress?

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

Answer: A. Adrenaline

Explanation: Adrenaline increases heart rate and vessel constriction.

64. Untreated hypertension can increase risk of:

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

Answer: A. Aneurysm

Explanation: Weakened blood vessels may bulge and rupture.

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

Answer: A. Reading food labels

Explanation: Labels help identify hidden sodium in foods.

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

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

Answer: A. Cardiovascular system

Explanation: Hypertension primarily affects the heart and blood vessels.

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

Answer: C. 145/92 mmHg

Explanation: Stage 2 hypertension begins at 140 systolic or 90 diastolic.

68. Which medication type blocks angiotensin receptors?

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

Answer: A. ARBs

Explanation: Angiotensin receptor blockers relax blood vessels.

69. Which lifestyle factor lowers hypertension risk?

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

Answer: A. Managing stress

Explanation: Stress reduction can support healthy blood pressure.

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

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

Answer: A. Blurred vision

Explanation: High blood pressure can damage retinal vessels and brain circulation.

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

Answer: A. 90/60 mmHg

Explanation: Hypotension refers to abnormally low blood pressure.

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

Answer: A. Increasing vascular resistance

Explanation: Obesity increases resistance within blood vessels.

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

Answer: A. Preparing meals at home

Explanation: Home cooking allows better control of sodium content.

74. What does mmHg stand for?

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

Answer: A. Millimeters of mercury

Explanation: Blood pressure is traditionally measured in millimeters of mercury.

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

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

Answer: A. Left ventricular hypertrophy

Explanation: The heart muscle thickens from working against high pressure.

76. Which habit supports healthy blood pressure?

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

Answer: A. Adequate sleep

Explanation: Good sleep supports hormonal and cardiovascular health.

77. Which population should have blood pressure checked regularly?

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

Answer: A. Adults

Explanation: Routine screening helps detect hypertension early.

78. Which factor may temporarily elevate blood pressure?

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

Answer: A. Anxiety

Explanation: Stress and anxiety activate the sympathetic nervous system.

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

Answer: A. Fruits and vegetables

Explanation: These foods provide fiber, potassium, and nutrients helpful for blood pressure.

80. Which medical emergency can result from uncontrolled hypertension?

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

Answer: A. Stroke

Explanation: Hypertension greatly increases stroke risk.

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

Answer: A. Home blood pressure monitor

Explanation: Regular home monitoring can improve hypertension management.

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

- A. Potassium

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

Answer: A. Potassium

Explanation: Potassium helps counterbalance sodium effects.

83. Hypertension damages the brain by increasing risk of:

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

Answer: A. Stroke and cognitive decline

Explanation: Blood vessel damage affects brain circulation.

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

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

Answer: A. Processed foods

Explanation: Many processed foods contain high sodium for preservation and flavor.

85. What is the purpose of antihypertensive medication?

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

Answer: A. Lower blood pressure

Explanation: These medications help reduce cardiovascular complications.

86. Which action may improve medication effectiveness?

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

Answer: A. Taking medication consistently

Explanation: Consistency is essential for blood pressure control.

87. Which complication involves kidney failure from hypertension?

- A. Hypertensive nephropathy
- B. Pneumonia
- C. Arthritis
- D. Bronchitis

Answer: A. Hypertensive nephropathy

Explanation: Chronic hypertension can damage kidney filtering structures.

88. Which activity is part of stress management?

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

Answer: A. Meditation

Explanation: Relaxation techniques can help reduce blood pressure.

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

Answer: A. Many people have no symptoms

Explanation: Hypertension can silently damage organs for years.

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

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

Answer: A. Saturated fat

Explanation: Saturated fats contribute to cardiovascular disease risk.

91. Which factor can affect blood pressure measurement accuracy?

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

Answer: A. Talking during measurement

Explanation: Talking can temporarily raise blood pressure readings.

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

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

D. Melanoma

Answer: A. Pheochromocytoma

Explanation: This adrenal tumor releases hormones that elevate blood pressure.

93. Which habit increases cardiovascular risk alongside hypertension?

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

Answer: A. Smoking

Explanation: Smoking and hypertension together significantly increase artery damage.

94. Which condition stiffens arteries and contributes to hypertension?

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

Answer: A. Atherosclerosis

Explanation: Plaque buildup narrows and stiffens arteries.

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

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

Answer: A. Arterial stiffness

Explanation: Aging arteries lose elasticity, increasing systolic pressure.

96. Which dietary approach supports hypertension prevention?

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

Answer: A. Eating more whole grains

Explanation: Whole grains support cardiovascular health and weight management.

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

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

Answer: A. Registered dietitian

Explanation: Dietitians provide personalized nutrition guidance.

98. Which blood pressure reading indicates hypertensive crisis?

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

Answer: A. 182/122 mmHg

Explanation: Readings above 180/120 mmHg require urgent medical evaluation.

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

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

Answer: A. Heart

Explanation: High blood pressure forces the heart to work harder.

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

Answer: A. Early detection and treatment

Explanation: Controlling blood pressure reduces risk of stroke, heart disease, and kidney damage.