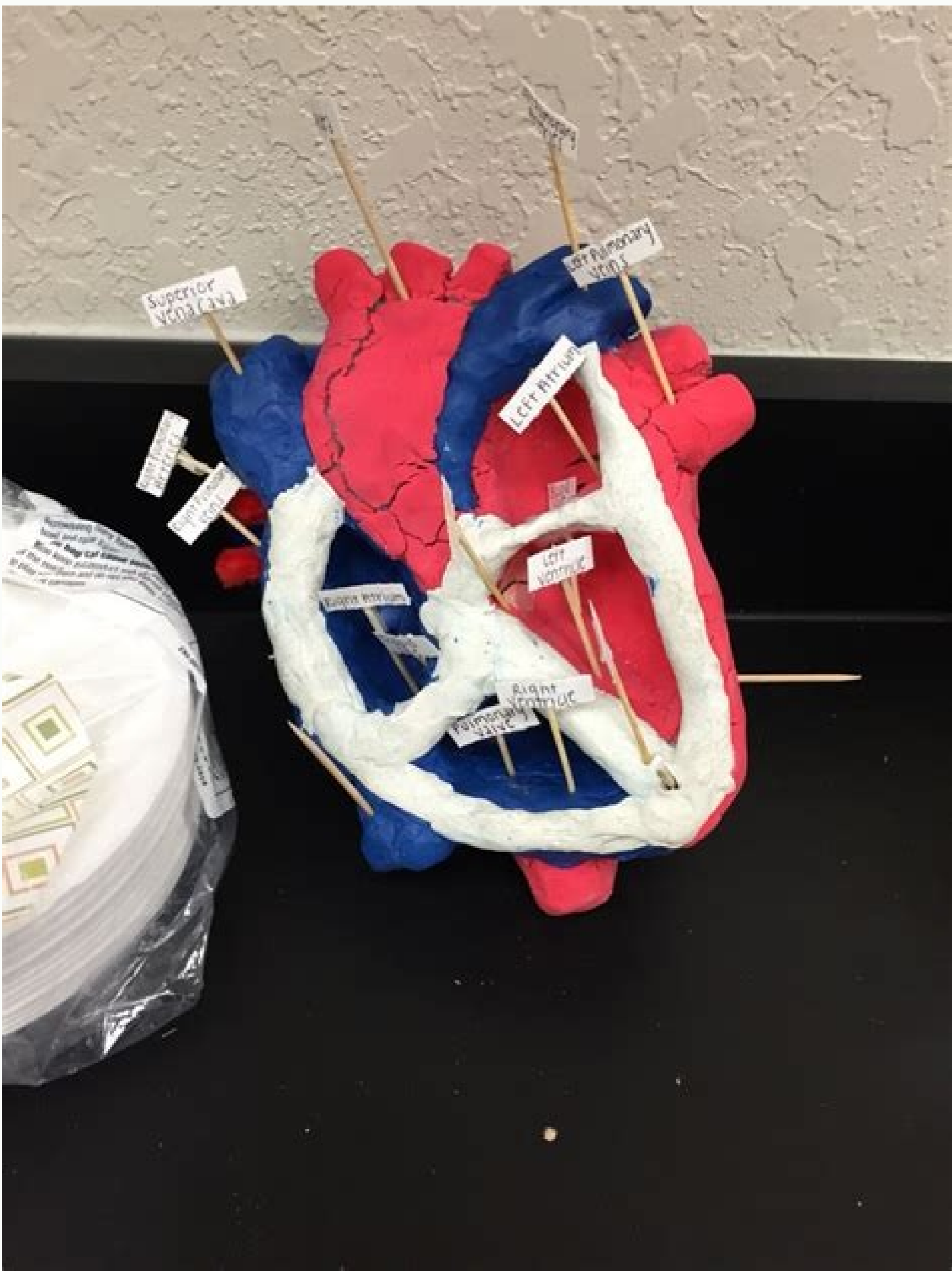




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Names: _____



Addiction Worksheet



What is the difference between substance abuse and addiction?	
What is physical addiction?	
What is tolerance?	
What is withdrawal?	
What is psychological addiction?	
What are some warning signs that someone has a drug problem?	
What can you do to help someone with a drug problem?	





Circulation of blood through the heart worksheet.

Blurred vision can happen from swollen lenses in the eyes, and changes the shape of lenses. Diastolic blood pressure (the bottom number), measures the force your heart exerts on your artery walls between beats. Blood pressure readings fall into four general categories, ranging from normal to stage two high blood pressure (hypertension). Sometimes people will live for years with mild symptoms, but they can also be so serious that you'll know immediately when they happen. The most common symptoms of high blood sugar include fatigue, increased thirst, frequent urination, blurred vision and headaches. But it is vital to discuss this with your physician, as each person's health needs and circumstances are unique. To get an accurate blood pressure measurement, your doctor may want to evaluate your readings based on the average of two or more blood pressure readings at three or more office visits, according to Mayo experts. Interpreting Your Readings Many blood pressure charts online walk you through how to understand your blood pressure, indicating a range of readings and what category they mean. Weight loss can also be helpful, as can reducing stress through activities such as yoga and meditation. Basics of Readings Your total blood pressure reading is determined by measuring your systolic and diastolic blood pressures, according to the Mayo Clinic website. High blood sugar is also known as hyperglycemia. CCD/rawpixel/Pixabay Most of us have experienced having our blood pressure taken, as it's standard practice in virtually every medical provider's office, from an optometrist to a general practitioner. Resources are available online to help you learn more about high blood pressure, including charts that show blood pressure readings in normal, high and low ranges for all ages. You May Be at Risk Even if you feel perfectly well and healthy, you could still be at risk for high blood pressure. Over time, blood vessels, nerves and organs are often damaged by high blood sugar. The symptoms of high blood sugar can be mild or severe. Having high blood pressure puts you at risk for heart disease and stroke, which are leading causes of death in the United States. These sobering statistics mean you should take or have your blood pressure taken regularly. Getting regular exercise is an important part of an ongoing program for managing blood sugar levels. Complications of High Blood Sugar Left unchecked, high blood sugar could cause diabetic neuropathy, marked by tingling or numbness in the hands and feet. Often, this is accomplished with medication, but can also be helped or accomplished with changes in diet and lifestyle. This is another reason why you should take care of your health with regular check-ups. Many people are not aware that they have high blood pressure, which is also known as hypertension, until they have a cardiovascular event such as a heart attack or a stroke. That is precisely why high blood pressure is called the silent killer. Sometimes blood sugar can drop quickly, giving you few warning signs that it's happening. When you exercise, you force your muscle cells to take in glucose, which removes it from the bloodstream. If insulin isn't present in the correct amounts, glucose will stay in the blood. Low blood sugar demands treatment, just as high blood sugar does. Symptoms of low blood sugar include anxiety, shakiness, nervousness, weakness, sweating, fatigue, nausea, dizziness, hunger, confusion and difficulty speaking. You should then maintain or adopt a healthy lifestyle and talk to your doctor about taking one or more medications. MORE FROM QUESTIONSANSWERED.NET Systolic blood pressure (the top number), measures the force your heart exerts on your artery walls with each beat. The CDC notes that about one-third of American adults have pre-hypertension, which is elevated blood pressure numbers that are higher than normal but not yet in the high blood pressure range. Notably, only about half of people who do have high blood pressure have their condition under control. Often, this could happen for someone with diabetes, because the body isn't utilizing glucose correctly. When the body is using glucose correctly, it uses it to fuel the brain, other organs and muscles. If you are a senior, your high blood pressure threshold may be different, according to Aging Care. MORE FROM LIFE123.COM This lesson includes 23 additional questions and 3 additional question variations for subscribers. This is when the blood sugar levels rise. For example, if your systolic reading is below 120 and/or your diastolic reading is below 80, you have normal blood pressure and you should maintain or adopt a healthy lifestyle. Some guidelines suggest that people age 60 and older aim for a reading below 150 over 90. Left untreated, high blood sugar can be life-threatening, leading to a diabetic coma. This is done because blood pressure is the primary indicator of hypertension, which is one of the single biggest risk factors for coronary heart disease (CHD). According to the Centers for Disease Control and Prevention (CDC), CHD is the most common type of heart disease, killing more than 370,000 people annually in the United States. This can cause minor sores to become infected, which could even lead to amputations. Insulin produced by the pancreas is necessary to enable glucose to enter cells. Educate yourself and discuss what is an appropriate blood pressure reading with your physician. If you have high blood pressure, you are not alone. If your systolic reading is 130-139 and/or your diastolic reading is 80-89, you may have stage one high blood pressure. You can also take advantage of blood pressure checks that are often offered free of charge at community health centers, drugstores and other public health centers. If you have any questions about high blood pressure or if you have questions about any treatment you are receiving for high blood pressure, contact your health professional. High blood sugar can cause circulation issues that slow down healing due to a lack of blood flow. Heart disease is the leading cause of death for both men and women. Blood pressure readings apply to men and women in the same ways. Blood Pressure and Seniors The guidelines we've outlined apply to the general population. Finally, a diabetic coma is life-threatening, possibly leading to brain damage and death. Symptoms of Low Blood Sugar Hypoglycemia is the medical word for low blood sugar. If a high-carbohydrate meal has caused the spike, you might bring your sugar level down by drinking some water or exercising. For example, people who have high blood pressure usually are advised to cut their salt intake, limit alcohol and exercise regularly. Watch for symptoms of high blood sugar so you can respond appropriately if you notice these signs of a problem. What Is High Blood Sugar? When blood sugar goes up, glucose rises in the bloodstream. It can be present and not manifest until a cardiovascular event occurs. Some people will also experience shortness of breath, stomach pain, nausea, vomiting, a rapid heart rate, a dry mouth and a fruity breath odor. What to Do If You Notice Symptoms If you think you're having a blood sugar spike, you should check your blood sugar levels with a finger stick (if possible). The level of your blood pressure determines what kind of treatment you may need. If your blood pressure is high, you may have a serious health condition.



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