Blood pressure - video

1 Before watching

In pairs: What do the two numbers in a blood pressure reading describe?

2 Match the words

1 blood vessel 2 systolic 3 diastolic 4 plaque 5 clot 6 stent

a _____ a small mesh tube that helps keep an artery open
b _____a mass of blood that has changed from liquid to a thicker form
c _____related to the heart relaxing between beats
d _____a tube that carries blood around the body
e _____related to the heart contracting
f _____a deposit that builds up in an artery wall

3 Complete

1 Blood pressure is the force of blood against blood vessel _____.
2 Systolic pressure is highest when the heart _____.
3 Diastolic pressure is lower when the heart _____ between beats.
4 A diet high in ____ can cause the body to retain water, increasing blood volume.
5 Stress hormones can make blood vessels _____.

4 True or false

Write T or F. Correct the false statements orally with a partner.

1 ___ Blood delivers oxygen and nutrients to the tissues.
2 ___ Blood pressure stays exactly the same throughout each heartbeat.
3 ___ Plaque can make an artery narrower and its wall stiffer.
4 ___ Angioplasty removes the heart and replaces it with a new one.

5 Explain what you saw

1 How does the balloon used in angioplasty help blood flow?

_____

2 What is the purpose of a stent?

_____

3 Name two serious events that can result from blocked blood flow.

_____

6 Put the events in order

Number 1–4. Follow the explanation of plaque formation in the video.

___ Fat and cholesterol collect at damaged areas.
___ Persistent high pressure damages the artery wall.
___ The passage becomes narrower and blood flow is reduced.
___ Plaque builds up and the artery wall becomes thicker and stiffer.

7 Speak to a patient

Patient: “What do the two numbers mean, and what does a stent do?”

Nurse: Explain in 3–4 simple sentences. Use: heart • contracts • relaxes • open.