High Blood Pressure: The Silent Killer

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**Video Review**


*High Blood Pressure: The Silent Killer* introduces students to the seriousness of high blood pressure and its effect on the body. Blood pressure and abnormal readings are defined.

The video contains 40 frames that explain the disease process of high blood pressure, its effect on the patient, and risk factors of high blood pressure. Secondary diseases of heart, brain, kidneys, pancreas, and eyes and how untreated high blood pressure affects these body systems are made visually known to the viewer by showing tissue samples of patients that have high blood pressure. Emphasis is placed on the percentage of the population that has high blood pressure as well as the number of persons who die from this disease. The prevention and treatment for high blood pressure is also included.

Strengths of the video include photographs comparing normal tissue to diseased tissue and the accompanying booklet. The booklet assists the teacher in presenting the video and provides an explanation of each frame. Review questions to measure student knowledge are included in the booklet.

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