**Assignment for Viva**

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**Class: Bs Radiology 2nd semester Section A**

**Note:**

**VIVA MARKS WILL BE GIVEN ON BASIS OF THIS ASSIGNMENT**

**Q1:** (A) What is blood pressure? Explain systolic, diastolic, Normal and Abnormal Blood pressure

**Answer:**

**Blood pressure:- The force of circulating blood on the walls**

**of the arteries. Blood pressure is taken using two measurements:**

**systolic (measured when the heart beats, when blood pressure is at**

**its highest) and diastolic (measured between heart beats,**

**when blood pressure is at its lowest).**

**Systolic pressure:- Systolic pressure is the pressure of the**

**blood in the arteries when the heart pumps. It is the higher of two**

**blood pressure measurements;**

**Example: if the blood pressure is 120/80, then 120 is the systolic**

**pressure.**

**Diastolic pressure:- Diastolic pressure is the pressure of the**

**blood in the arteries when the heart is filling. It is the lower of two**

**blood pressure measurements;**

**Example: if the blood pressure is 120/80, then 80 is the diastolic**

**pressure.**

**Normal and abnormal blood pressure:- A blood pressure reading**

**has a top number (systolic) and bottom number (diastolic). Normal**

**blood pressure is less than 120 over 80 (120/80)**

**People whose blood pressure is above the normal range should**

**ask their doctor how to lower it.**

**• The primary way that high blood pressure causes harm is by**

**increasing the workload of the heart and blood vessels —**

**making them work harder and less efficiently.**

**• Over time, the force and friction of high blood pressure**

**damages the delicate tissues inside the arteries. In turn, LDL**

**(bad) cholesterol forms plaque along tiny tears in the artery**

**walls, signifying the start of atherosclerosis.**

**• The more the plaque and damage increases, the narrower**

**(smaller) the insides of the arteries become — raising blood**

**pressure and starting a vicious circle that further harms your**

**arteries, heart and the rest of your body. This can ultimately**

**lead to other conditions ranging from arrhythmia to heart**

**attack and stroke.**

(B) How will you measure Blood pressure?

**Answer:**

**Blood pressure is measured by sphygmomanometers in units**

**of millimetres of mercury (mmHg). The readings are always given in**

**pairs, with the upper (systolic) value first, followed by the lower**

**(diastolic) value.**

**So someone who has a reading of 132/88 mmHg (often spoken**

**“132 over 88”) has a**

**systolic blood pressure of 132 mmHg, and a**

**diastolic blood pressure of 88 mmHg.**

**It's important to measure blood pressure more than once because it**

**fluctuates over the course of the day. It can also change due to**

**things like physical exertion, stress, pain, or extreme heat or cold.**

**But this kind of increase in blood pressure is only temporary and it**

**soon returns to normal.**

**So, if blood pressure is measured just once and found to be high, it**

**doesn't necessarily mean that it's always too high. A blood pressure**

**reading taken at the doctor’s office can also be misleading: Going**

**to the doctor makes some people so nervous that their blood**

**pressure goes up.**