

**EPREUVES HARMONISÉES DU PREMIER SEMESTRE D'ANGLAIS****Text: High blood pressure (Hypertension)**

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. It's normal for blood pressure to go up and down throughout the day, but if it stays up, you have high blood pressure. Another name for high blood pressure is hypertension. When blood pressure is high, it starts to damage the blood vessels, heart, and kidneys. This can lead to heart attack, stroke, and other problems. High blood pressure is called a "silent killer," because it doesn't usually cause symptoms while it is causing this damage. People have a blood pressure of 120/80, or "120 over 80." Adults should have a blood pressure of less than 120/80.

In most cases, doctors can't point to the exact cause. But several things are known to raise blood pressure, including being very overweight, drinking too much alcohol, having parents with high blood pressure, eating too much salt, and getting older. Your blood pressure may also rise if you are not very active, you don't eat enough potassium and calcium, or you have a condition in which blood sugar levels become abnormally high.

Most people don't know they have **it** until they go to the doctor for some other reason. Without treatment, high blood pressure can damage the heart, brain, kidneys, or eyes. This damage causes problems like coronary artery disease, stroke, and kidney failure. Very high blood pressure can cause headaches, vision problems, nausea, and vomiting. These symptoms can also be caused by dangerously high blood pressure called malignant high blood pressure. It may also be called a hypertensive crisis or hypertensive emergency. Malignant high blood pressure is a medical emergency.

Most people find out they have high blood pressure during a routine doctor visit. For your doctor to confirm that you have high blood pressure, your blood pressure must be at least 140/90 (140 over 90) on three or more separate occasions. It is usually measured 1 to 2 weeks apart. **You** may have to check your blood pressure at home if there is reason to think the readings in the doctor's office aren't accurate. You may have what is called white-coat hypertension, which is blood pressure that goes up just because you're at the doctor's office. Even routine activities, such as attending a meeting, can raise your blood pressure. So can commuting to work or smoking a cigarette.

**Student's name and class:** .....

**I. READING COMPREHENSION (8 marks)**

**A. Find the equivalents of the following words in the indicated paragraphs. (1mark)**

- 1. cure.....(paragraph3)
- 2. regular.....(paragraph4)

**B. Find out the paragraphs corresponding to the following titles. (2marks)**

TITLES	PARAGRAPHS
3. Diagnosing high blood pressure	
4. The underlying causes of high blood pressure	
5. Possible consequences of the disease	
6. Definition of high blood pressure	

**C. Read the text and complete the table with specific information: (2marks)**

Disease	Damaged organs	Negative effects on health
High blood pressure	the heart	7.....
	8.....	9.....
	10.....	Vision problems

**D. Are the statements true or false? Justify by quoting a relevant passage from the text. (2marks)**

11. Hypertension is a secret disease that may be fatal to the patient before being discovered.

.....  
.....

12. There are just two reasons that can cause high blood pressure.

.....  
.....

**E. Referencing: Who or what do the underlined words in the text refer to? (1 mark)**

13. it (paragraph 3) refers

to.....

14. you (paragraph 4) refer to:

.....

**II. COMMUNICATIVE COMPETENCE: (7 marks)**

**F. Complete the paragraph below by putting the verbs in brackets in their right tenses. (2 marks)**

n  
Many people in developing countries (experience)..... (15) chronic diseases such as hypertension, diabetes, kidney failure among others for years now. Last year a report showed that millions of people worldwide (affect)..... (16) by high blood pressure due to an unhealthy diet. Currently, health experts (raise)..... (17) people's awareness about the dangers relating to hypertension's effects on the body. So, it's time for the population (take)..... (18) responsibility in order to stay healthy.

**G. Match the Statements to their corresponding Notions. (2 marks)**

Statements				Notions
19 People had better avoid eating salty and fat meals.				A. Contrast
20 You can help lower your blood pressure by making healthy changes in your lifestyle.				B. Preference
21 Your blood pressure may also rise if you are not very active.				C. Advice
22. She would rather have a balance diet.				D. Purpose
				E. Probability
				F. Possibility

  

19	20	21	22

**H. Complete the dialogue below meaningfully. (3 marks)**

Doctor: Sit down please! Have you brought the results of the tests?  
 Patient: Yes,(23) I.....  
 Doctor: (24).....?  
 Patient: Here are the medical tests.  
 Doctor: I see, according to the results, you have hypertension, your blood pressure rises up to 140/90.  
 Patient: Oh my God, I'll die soon, (25).....?  
 Doctor: Don't say that, now you should avoid salty and fat meals, too much sugar especially in the night.  
 Patient: Doctor! I regret having abused too much of my daily diet.  
 Doctor: Anyway, you (26)..... (not / to be) in this situation if you had had a balance diet.  
 Patient: You're right doctor now (27).....?  
 Doctor: I advise you to follow strictly the recommendations I'm going to prescribe you. I hope it would be useful for your health, (28).....?  
 Patient: Of course! Thank you doctor for your help!  
 Doctor: You're welcome. See you soon!

**III. WRITING** Choose only one topic and write about **200** words. **(5marks)**

**Topic1:** Today we notice the spreading of chronic diseases such as diabetes, kidney failure and High blood pressure in Senegal. What do you think about it? Give the causes; propose some solutions to eradicate or to minimize the bad effects on population health.

**Topic2:** Write a letter to the minister in charge of health to draw his attention to the dangers of chronic diseases in our country. First, identify the possible consequences then propose him effective solutions to face the problem.