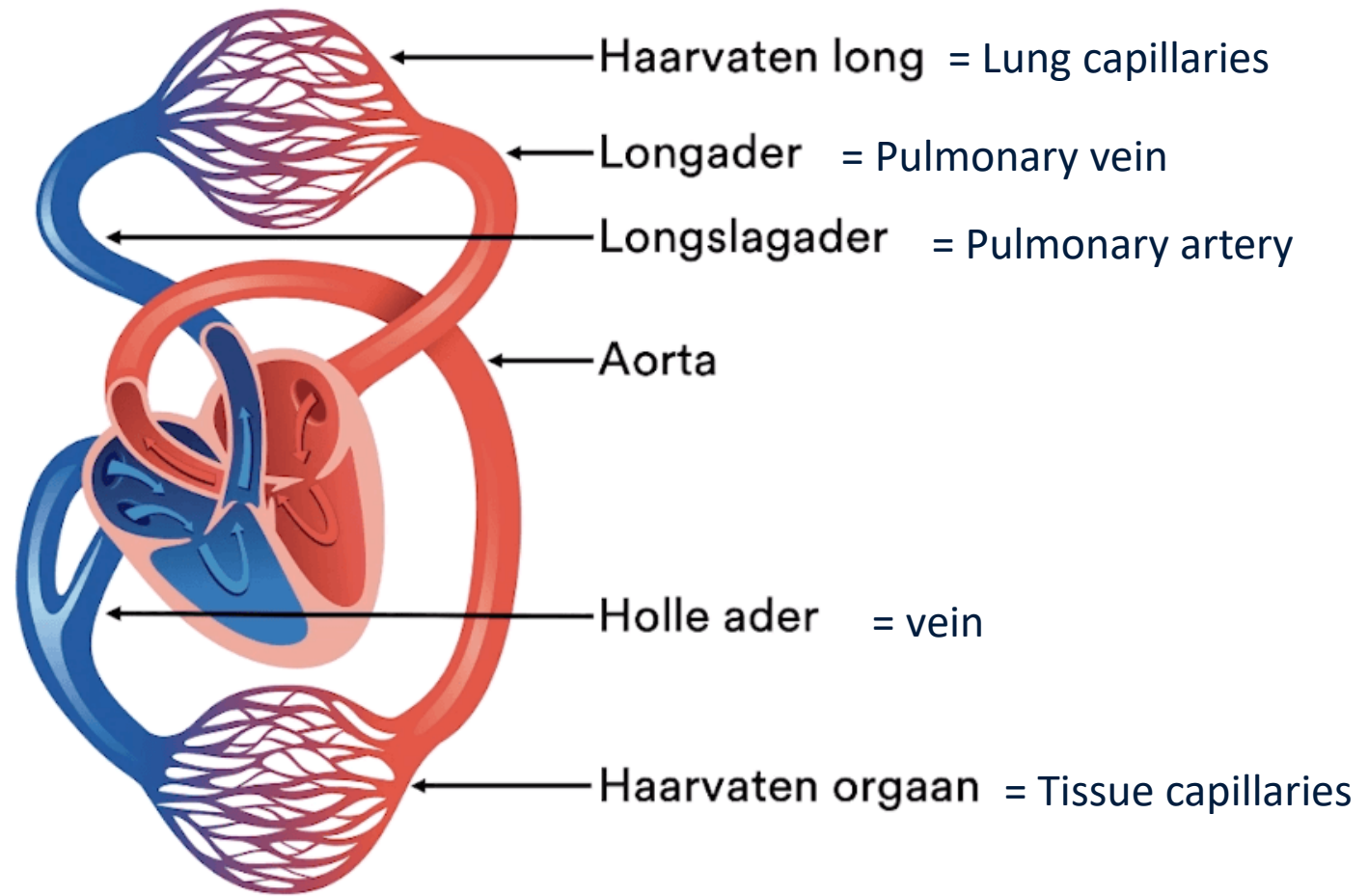
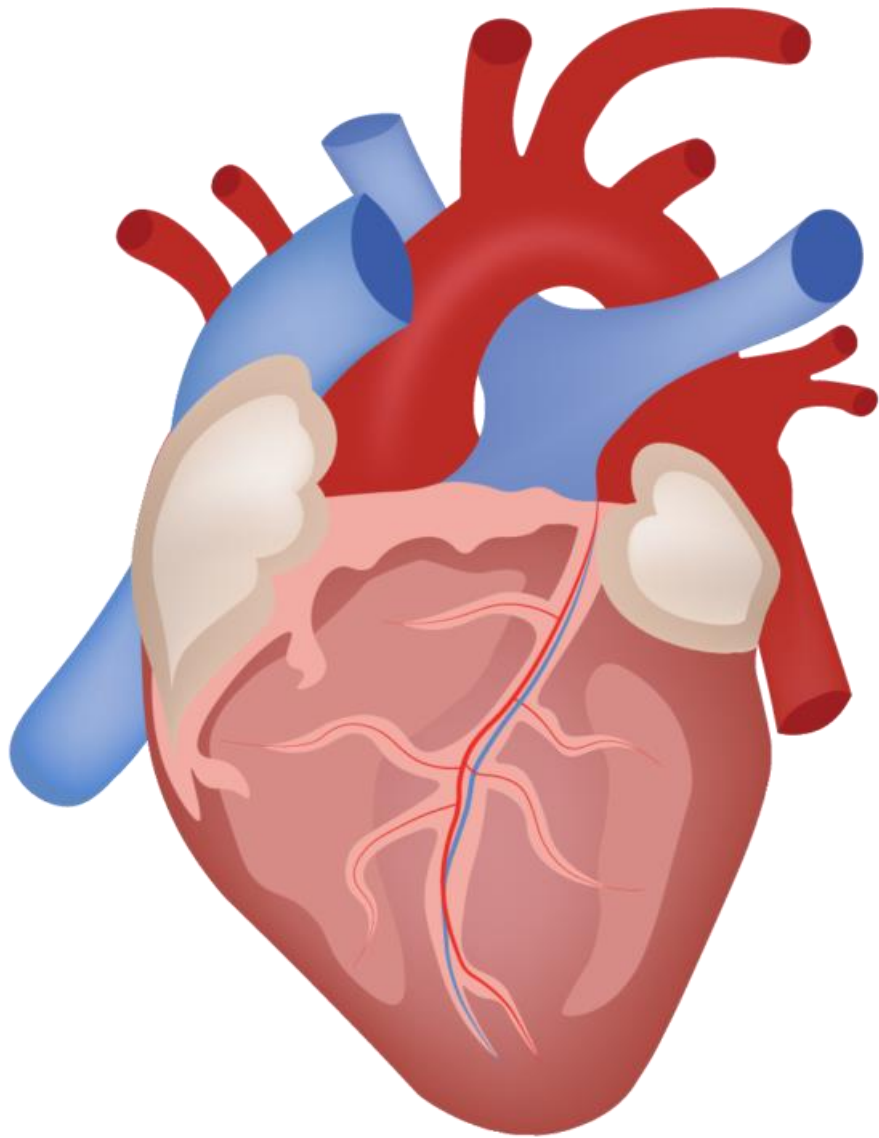


Leertaak Experience Day Geneeskunde

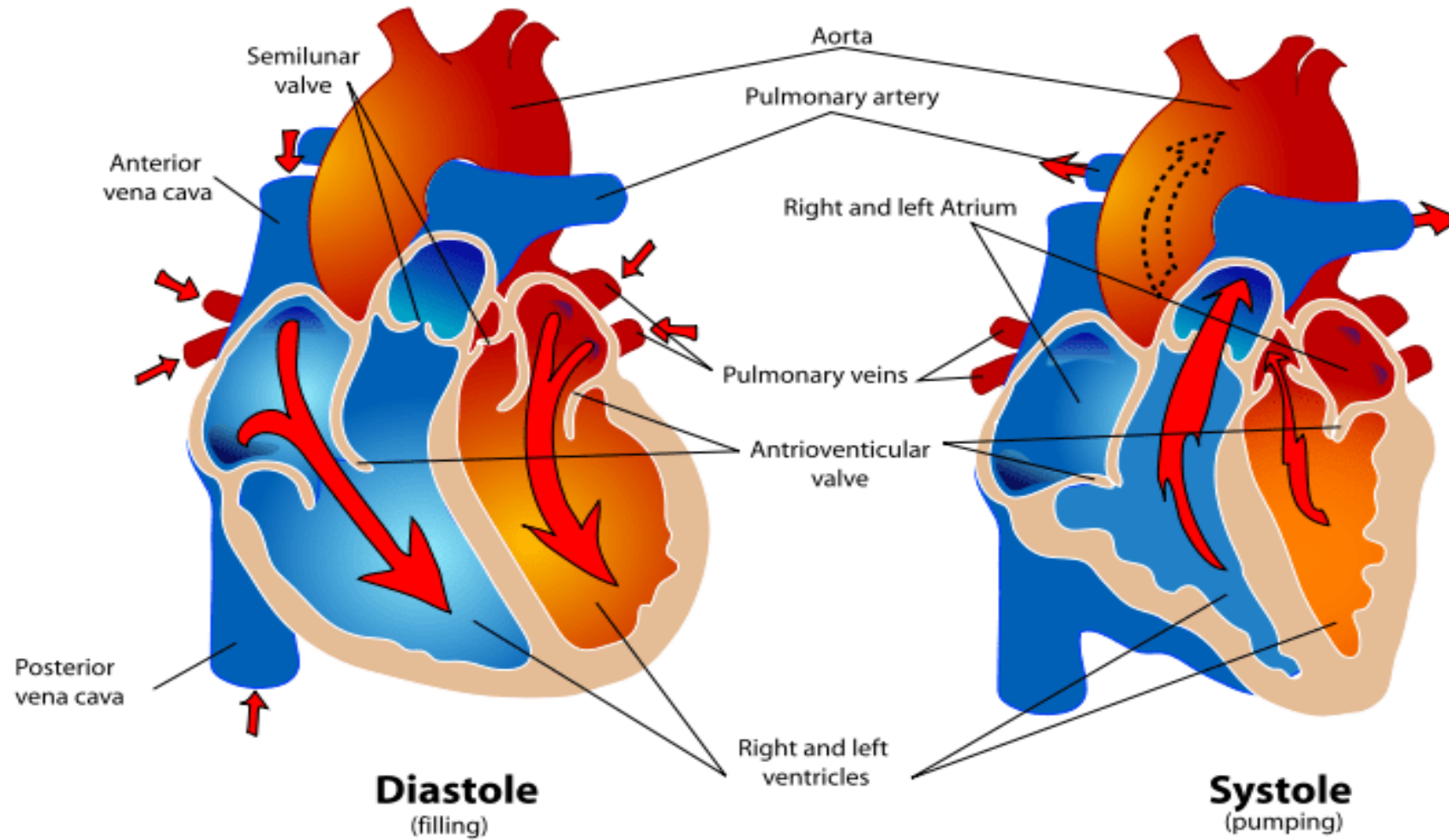


Casus

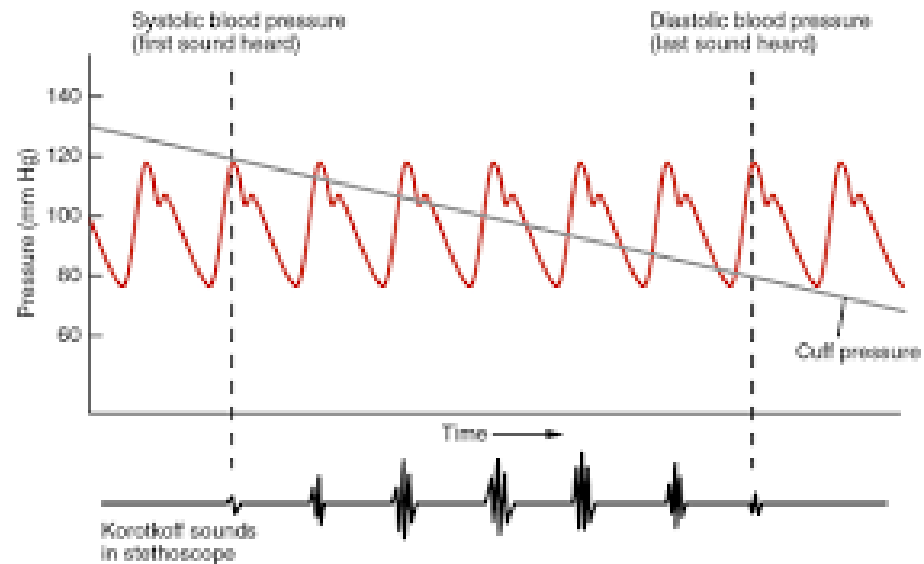
Tijdens een intensieve trainingssessie merk je dat je hart sneller begint te kloppen en dat je beenspieren pijn beginnen te doen. Je herinnert je een biologieles over het hart en de bloeddruk.



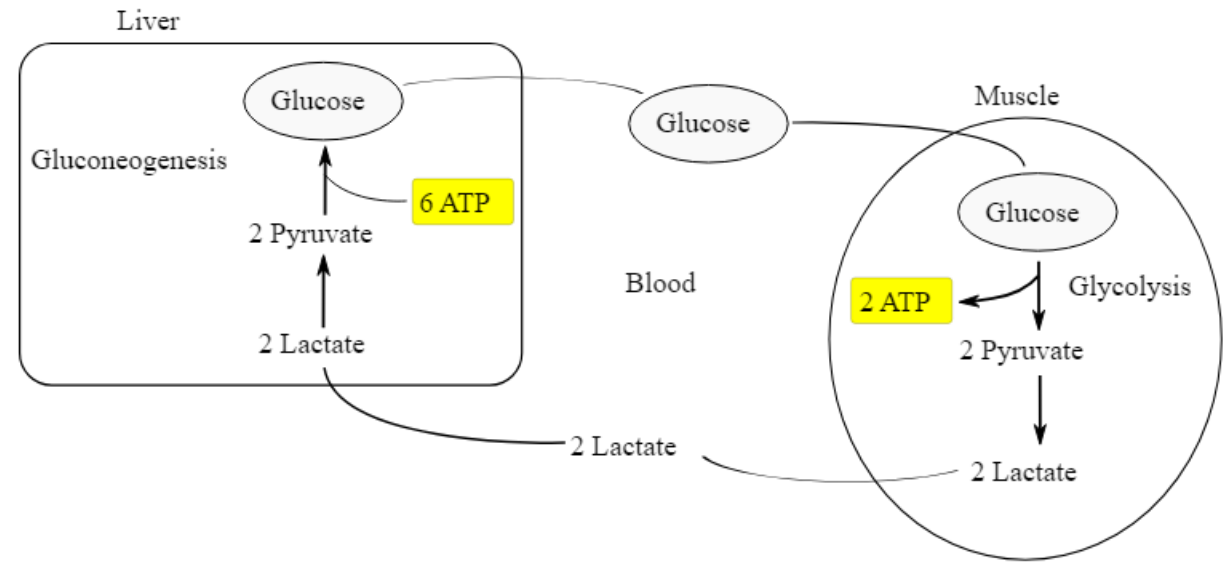
Bloeddruk?



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



Kramp?



Veranderingen tijdens het sporten

