Teacher Answer Key

Case Study

1. Raina considered herself healthy and active, believing screenings were for those with evident symptoms.

2. She monitored her blood pressure regularly, adjusted her diet, and incorporated stress-management practices to prevent long-term complications.

Multiple Choice

1. C

2. A

3. C

Matching

1-B, 2-C, 3-E, 4-A, 5-D

Fill-in-the-Blank

1) hypertension, 2) physical exam, 3) early

Short Answer (Sample Responses)

Q1: Teens might think they're too young for health issues or worry about costs; they can utilize school screenings or discuss options with parents.

Q2: If certain conditions run in the family, doctors may recommend targeted tests to catch issues early.

Q3: Identifying stress, anxiety, or depression early helps prevent more serious mental and physical health problems.