

How a Big Glass of Water Affects My Blood Pressure - Blood Flow Necessity

My experiment with blood pressure was to take my blood pressure at normal rate and then have three trials where I drink a big glass of water and see if it affects my blood pressure. When my blood pressure is taken the cuff is measuring how long it takes for the blood to rush back to my affected arm. Blood pressure is important for carrying oxygen and deoxygenated blood through the body. To read my blood pressure results I had to know what systolic and diastolic meant. Systolic is where the blood begins to rush through arteries to affected area (the number up top) and the diastolic is where the blood has now finished and the veins are full of blood (the lower number). With this information I set out to drink water, be prepared to urinate a lot and formed my hypothesis. Hypothesis: If my blood pressure increases or decreases when I drink water then I know that water has some kind of effect on blood pressure because if my pressure has increased versus my constant than I know the water affected it.

In class we learned blood pressure can be affected by smoking, exercise, anxiety or emotional distress, and alcohol and caffeine. I hoped to manipulate my blood pressure by drinking water thinking maybe with more fluids my pressure would increase. Blood pressure that can be manipulated would be an advantage in a serious situations, giving high blood pressure so blood is supplied to the areas where it is needed. When cold it makes sense more blood would be supplied to help with warmth.

When I started the experiment my constant stable state blood pressure was at 140/78. Then I drank my first glass of water and got 130/80 which is a decrease in my systolic and increase in diastolic then after another glass it went down again to 122/80 to my final trial at 120/76. Unfortunately my hypothesis was wrong, drinking water did not increase or really

decrease my blood pressure. Now the results show a decrease however I don't think that had anything to do with the water. I believe I had eaten lunch, rushed to class with a slightly higher pressure that over time it naturally went down. Blood pressure is an interesting topic as it pertains to a lot of health problems if too high or low. I enjoyed learning about blood pressure.