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Physiology
Blood Pressure Conclusion

The Effect of Donuts on Blood Pressure

The blood pressure experiment I conducted was how does eating affect blood pressure. Blood pressure is the amount of pressure exerted onto the walls of the the blood vessels. Systolic, the higher number, is the pressure when the heart is contracting, and diastolic, the lower number, is the pressure when the heart is not beating. If we consume a large amount of food in a short time period, then our blood pressure will rise, because the body will need more blood to help digestion.

Blood pressure can manipulated by many things, such as running, being cold, being scared, or eating. For my experiment, I manipulated my blood pressure by consuming a large amount of donut holes in a short amount of time. Our blood pressure has evolved to rise for a time to allow our bodies to get an increased amount of O₂ and nutrients. Blood pressure falls because our bodies cannot sustain the increased pressure for a long period of time.

When the experiment was conducted, I had a resting blood pressure of $^{100}/_{80}$. After manipulation by eating as many donut holes as possible in five minutes, my blood pressure went to $^{110}/_{90}$. This data supports the hypothesis, because after eating, my blood pressure increased. Blood pressure can help to say something about your health by showing how healthy your heart is, and how it responds to manipulation. This data suggests that I have a very healthy heart, because my blood pressure increased a small amount, from $^{100}/_{80}$ to $^{110}/_{90}$. This says that my

health is currently very good.

This experiment looked at how eating affected blood pressure. Blood pressure can be manipulated in many different ways, and for this experiment, I manipulated it by eating donut holes. Eating donut holes cause a small increase in blood pressure, which suggest that I have a healthy heart. This experiment confirmed my hypothesis, that eating will increase blood pressure.