

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Coronary heart disease & Hypertension

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|--|----------------------------------|
| 1. An irregular heart rhythm is commonly known as?   | A. Type 2 diabetes               |
| 2. What is atherosclerosis?  | B. HDL                           |
| 3. What is angina?   | C. Coronary artery disease (CAD) |
| 4. What procedure widens blocked arteries to remove plaque build-up?                       | D. Heredity                      |
| 5. What is the most common form of heart disease?  | E. Hypertension                  |
| 6. What procedure restores blood flow to the heart?  | F. Chest pain                    |
| 7. Cholesterol and fatty deposits that build up on the artery wall is known as?            | G. Systolic                      |
| 8. What occurs when your heart muscles do not pump blood as well as they should?           | H. Saturated fat                 |
| 9. Abrupt loss of heart function?  | I. Smoking                       |
| 10. Name one controlled factor of heart disease?   | J. Sodium                        |
| 11. These supply blood to the heart?   | K. Coronary arteries             |
| 12. The amount of exercise we should get daily?  | L. Hardening of the arteries     |
| 13. Manage this to improve mental and physical health and reduce the risk of heart attack? | M. Chest pain                    |
| 14. Common sign of a heart attack in both men and women?                                   | N. Cardiovascular disease        |
| 15. The fat that contributes most to high cholesterol?                                     | O. Thirty minutes                |
| 16. Consume less than 2300mg of this per day, less if u have High blood pressure?          | P. Ahythmia                      |
| 17. Various diseases involving heart and blood vessels?                                    | Q. Stroke                        |
| 18. This is "good" cholesterol?  | R. Cardiac arrest                |
| 19. Pressure when the heart is relaxing is called?   | S. Balloon angioplasty           |
| 20. Blocked blood supply to a part of the brain?   | T. CA Bypass Gaft Surgery        |
| 21. This type of diabetes is environmental?  | U. Type 1 diabetes               |

22. This type of diabetes is Biological?

V. Diastolic

23. Another name for genetics?

W. Congestive Heart Failure

24. Pressure when the heart is beating?

X. Plaque

25. Consistent high blood pressure?

Y. Stress