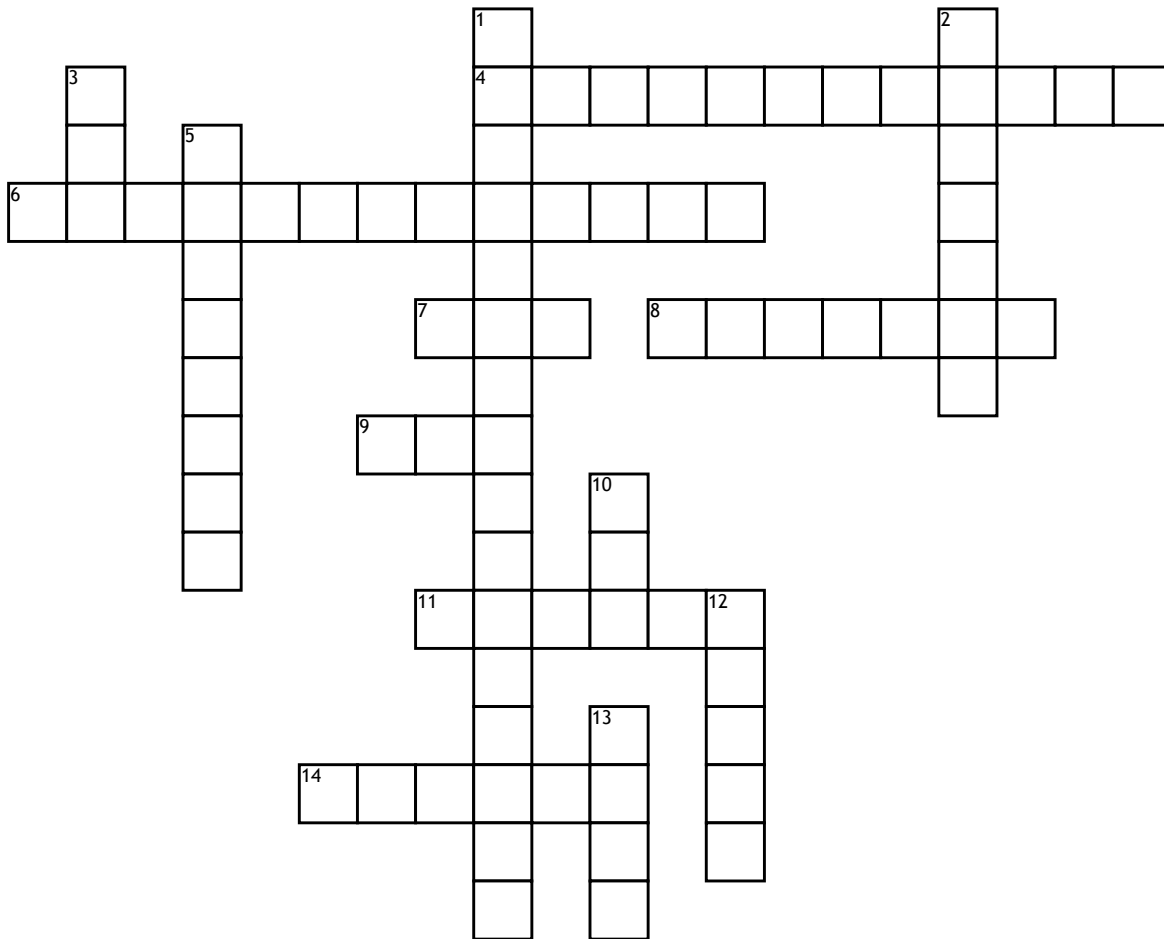


Name: _____

Date: _____

MY HEART AND ME



Across

4. _____ is a leading cause of death in the United States for both men and women

6. _____ is the force of blood pushing against the walls of your arteries as your heart pumps blood.

7. _____ is to open coronary arteries that are narrowed or blocked by the buildup of atherosclerotic plaque

8. _____ can raise your risk of heart disease and heart attack and worsen other heart disease risk factors

9. _____ is sometimes called the "bad" cholesterol. High blood cholesterol increases the risk of developing coronary heart disease.

11. drinking alcohol, using other substances, smoking, or overeating—are not healthy ways to manage _____

14. _____ can feel like pressure, squeezing, burning, or tightness during physical activity. The pain or discomfort usually starts behind the breastbone, but it can also occur in the arms, shoulders, jaw, throat, or back. The pain may feel like indigestion

Down

1. Regular _____ can decrease risk factors such as "bad" cholesterol & increase "good" cholesterol levels, manage high blood pressure

2. Coronary heart disease is the _____ cause of death for women

3. _____ is sometimes called the "good" cholesterol, because it returns cholesterol to the liver for removal from the body

5. _____ heart disease is often caused by the buildup of plaque, a waxy substance, inside the lining of larger coronary arteries. This buildup can partially or totally block blood flow in the large arteries of the heart

10. inhibitors and beta blockers help lower blood pressure and decrease the heart's workload.

12. Adequate amounts of _____ helps heal and repair your heart and blood vessels

13. Choosing foods that are Low in saturated and trans fats Rich in potassium, calcium, magnesium, fiber, and protein Lower in sodium is part of this common diet plan