



Heart Healthy Quiz



Answer the following questions and deliver to the Jordan-Waters Heart Center. The participant with the most correct answers will be placed in a drawing which will be held on Friday, February 24.

1. Over _____ million American adults have one or more cardiovascular diseases.
2. Every _____ seconds, someone dies from heart and blood vessel diseases, America's No.1 killer.
3. A _____ occurs when the blood flow to a part of the heart is blocked, usually by a blood clot.
4. If a clot blocks an artery that feeds the heart, it causes a _____.
5. If a clot blocks an artery that feeds the brain, it causes a _____.
6. _____ percent of cardiac events in women could be prevented if women made the right choices for their hearts involving diet, exercise and abstinence from smoking.
7. Most of the food we eat is turned into _____, or sugar, for our bodies to use for energy.
8. _____, or juvenile diabetes, usually starts early in life. It results from the body's failure to produce insulin.
9. About _____ percent of American adults have cholesterol levels that are too high.
10. About 90 to 95 percent of Americans diagnosed with diabetes have _____ diabetes.
11. _____ is the force of blood pushing against blood vessel walls.
12. High blood pressure (or _____) makes the heart work harder than normal.
13. As a woman, you have an increased risk of developing high blood pressure if you are _____ pounds or more over weight.
14. Cholesterol builds up with other substances in the inner walls of arteries and becomes _____.
15. Plaques that rupture can cause _____ that can totally block blood flow in the artery.
16. Dr. Tillman came to AMC in what year? _____
17. The first Cardiac Cath was done at AMC in what year? _____
18. What year did AMC start performing cardiac stents? _____
19. T or F Heart disease is the leading cause of death for all Americans age 35 and older.
20. A cholesterol level below _____ is desirable.

Name: _____

Address: _____

Phone Number: _____

