



## WELLNESS WORKSHEET 89

### Facts About Cardiovascular Disease

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Review your knowledge of CVD by filling in the blanks and answering the questions below. Refer to your textbook if necessary.

1. What are the six main risk factors for cardiovascular disease?

- a. \_\_\_\_\_ d. \_\_\_\_\_
- b. \_\_\_\_\_ e. \_\_\_\_\_
- c. \_\_\_\_\_ f. \_\_\_\_\_

2. List four additional factors that may increase risk for cardiovascular disease.

- a. \_\_\_\_\_ c. \_\_\_\_\_
- b. \_\_\_\_\_ d. \_\_\_\_\_

3. Name the two main forms of cholesterol and describe their function.

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_

4. Describe the difference between systolic and diastolic pressure. Give normal and high ranges for each.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why is hypertension dangerous? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List two treatments for hypertension.

- a. \_\_\_\_\_
- b. \_\_\_\_\_

5. What is atherosclerosis? How do plaques form, and why are they dangerous?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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6. What is a heart attack? \_\_\_\_\_  
\_\_\_\_\_

What is angina pectoris? \_\_\_\_\_  
\_\_\_\_\_

What is arrhythmia, and how does it relate to sudden cardiac death? \_\_\_\_\_  
\_\_\_\_\_

What are three early signals of a heart attack?

- a. \_\_\_\_\_ c. \_\_\_\_\_
- b. \_\_\_\_\_

List and describe two procedures performed to treat heart disease.

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_

7. List and describe the two major types of strokes.

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_

List three warning signs of a stroke.

- a. \_\_\_\_\_ c. \_\_\_\_\_
- b. \_\_\_\_\_

8. List and describe three other types of heart disease.

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_