



Heart Health Month



Heart Health Quiz

- 1. Heart disease is the second leading cause of death in the United States.**
 True False
- 2. How many American adults have at least 1 of 3 key risk factors for heart disease?**
 6%
 12%
 22%
 47%
- 3. How many heart attacks each year happen to people who have already had a heart attack?**
 About one-half
 About one-quarter
 About one-third
- 4. Men and women can have different heart attack symptoms. What symptoms are more likely to happen to women than men?**
 Nausea, unexplained tiredness and jaw pain
 Arm pain and chest pain
 Shortness of breath and shoulder pain
- 5. “_____” happens when plaque builds up in the arteries and limits how much blood can get to the heart.**
 Arrhythmia
 Atherosclerosis
 Atrial fibrillation
- 6. By making healthy choices, you can help lower your risk for heart disease. Which of these is NOT part of a healthy lifestyle?**
 Lifting weights
 Drinking 3 servings of alcohol a day
 Eating a high fiber diet

Take the ONLINE Quiz: <http://bit.ly/2OgWK5B>

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Heart Health Month



Heart Health - Presenter Key

1. **False.**

Heart disease is the leading cause of death for both men and women. About 647,000 Americans die from heart disease each year. That's 1 in 4 deaths.

2. **47%**

About half of all Americans (47%) have at least one of the 3 key risk factors for heart disease: **High blood pressure, high cholesterol or smoking.**

3. **About one-quarter**

Every year, about 805,000 Americans have a heart attack. Of these, 200,000 - or about one-quarter - happen to people who have already had a heart attack.

4. **Nausea, unexplained tiredness and jaw pain.**

Women are more likely than men to experience **nausea, unexplained tiredness and jaw pain.** In addition to these symptoms, signs of heart attack in men and women include chest pain (angina) and shortness of breath.

5. **Atherosclerosis**

Happens when plaque builds up in the arteries that supply blood to the heart (called coronary arteries). Plaque is made of cholesterol deposits. Plaque buildup causes arteries to narrow over time.

6. **Drinking 3 servings of alcohol**

Is **not part** of a healthy lifestyle. Drinking too much alcohol can raise blood pressure levels and the risk for heart disease. Women should have no more than one alcoholic drink per day. Men should have no more than 2 alcoholic drinks per day.



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