

## Prevent Heart Attacks Quiz

**1. A heart attack is caused by:**

- a. Eating whole grain foods
- b. A blood clot that clogs the arteries
- c. Exercising early in the day

**2. If heart disease runs in your family, you can't reduce your risk of heart attack.**

- a. True b. False

**3. If you smoked for many years and then stop, you:**

- a. Can't undo the damage done by smoking
- b. Repair much of the damage done by smoking
- c. Increase your heart attack risk

**4. A diet designed to reduce heart attack risk emphasizes:**

- a. Eating foods high in saturated fat and cholesterol
- b. Eating salty foods
- c. Eating fresh fruits and vegetables

**5. Using less salt is one way to reduce your heart attack risk.**

- a. True b. False

**6. It's healthier to eat foods that are broiled or steamed than foods that are fried.**

- a. True b. False

**7. Reducing alcohol intake is especially important if you have:**

- a. High blood pressure
- b. Diabetes
- c. Both a and b

**8. Before you start an exercise program, you should:**

- a. Lose weight
- b. Stop smoking
- c. Consult your doctor

**9. You should go to a hospital immediately if you have chest pains that last more than 10 minutes.**

- a. True b. False

**10. Angina, or chest pain that stops when you rest, is a sign that:**

- a. Your heart isn't getting enough oxygen
- b. Your heart is strong
- c. You're getting too much exercise