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