

Cardiac Heart Disease Questions

Answers can be found in various places in the text book, use the index in the back of the book to find the answers.

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1. What is *atherosclerosis*? 1 pt
2. List the risk factors for atherosclerosis mentioned in the text. 2 pts

Questions 3-8: Briefly explain what the following heart medications are used for.

3. Anticoagulant ½ pt
4. Beta-adrenergic blocker 1 pt
5. Calcium-channel blockers 1 pt
6. Digitalis 1 pt
7. Nitroglycerin 1 pt
8. Tissue plasminogen activator (TPA) 1 pt
9. What is heart failure? ½ pt
10. Explain congestive heart failure. Why is it called that? 2 pts

Use the handout to find the answers to the following questions:

11. What is *saturated fat*? What does it do for your body? What are some sources of saturated fat? 2 pts

12. What is *unsaturated fat*? What does it do for your body? What are some sources of unsaturated fat? 2 pts

13. What is *polyunsaturated fat*? What does it do for your body? What are some sources of polyunsaturated fat? 2 pts

14. What is *cholesterol*? What does it do for the body? Explain the 2 types. 4pts

15. What does cigarette smoking and exercise do for the different types of cholesterol? 2 pts

16. How does salt consumption affect the following? 4 pts

Overall blood pressure

Kidneys

Arteries

Heart