Are you heart smart?

Heart disease is a serious issue – 1 in 4 deaths in the United States is caused by a heart-related health condition. Yet there are steps you can take every day to help reduce your heart disease risk. Take our 12-question quiz to learn more about heart health.

1. Having high blood pressure can damage your heart. Normal blood pressure is considered to be less than:

    A. 100/65

    B. 120/80

    C. 139/89

    D. 150/100

2. Eating foods that are low in _____ can help you lower your blood pressure.

    A. Fiber

    B. Vitamin C

    C. Flax

    D. Salt

3. Eating foods that are high in _____ can help you lower your blood pressure.

    A. Sugar

    B. Potassium

    C. Trans fats

    D. Oxygen

4. Which of the following could be symptoms of a heart attack?

    A. Chest pain or discomfort

    B. Shortness of breath

    C. Pain or discomfort in the jaw, neck, or back

    D. A and B

    E. A, B, and C

5. About how many people in the United States die each year from heart disease?

    A. 200,000

    B. 340,000

    C. 540,000

    D. 610,000

6. *True or False:* If you have high blood pressure, you should rest often and be as inactive as possible.

7. *True or False:* Cholesterol does nothing good for your body.

8. Which of the following impact your cholesterol level?

    A. Diet

    B. Physical activity level

    C. Age

    D. All of the above

    E. Only A and B.

9. *True or False:* A food advertised as having no cholesterol in it is sure to be heart healthy.

10. The three major risk factors for heart disease are:

    A. High blood pressure, high cholesterol, and smoking

    B. High blood pressure, high cholesterol, and drinking alcoholic beverages

    C. High cholesterol, smoking, and myopia

    D. High blood pressure, smoking, and not wearing a seatbelt

11. All of the following are also risk factors for heart disease, except for:

    A. Having diabetes

    B. Being a vegetarian

    C. Not getting enough exercise

    D. Having a family history of heart disease.

12. *True or False:* A person who is exposed to secondhand tobacco smoke has an increased risk for heart disease.

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Answer Key

1. **Answer: B**

   A blood pressure level of less than 120/80 is normal, while blood pressure of 140/90 or more is high. A person with blood pressure between 120/80 and 140/90 has prehypertension and is considered to be at high risk for high blood pressure.

   There are no warning signs for high blood pressure, so the only way to know if your blood pressure is high is to have it measured at a doctor's office, pharmacy, or at home by using a monitoring device.

2. **Answer: D**

   Salt is mainly comprised of sodium, which may cause blood pressure to rise. As your body tries to rid itself of salt, it holds on to extra water to wash it out of your system. This puts pressure on your heart and blood vessels.

3. **Answer: B**

   Potassium relaxes blood vessel walls and helps your heart keep a healthy rhythm. Studies have shown a link between high blood pressure and low potassium consumption. The best way to increase potassium intake is through a healthy diet; foods high in potassium include bananas, beans, spinach, and potatoes. Too much potassium can be a problem for people with kidney disease, however. If this is a concern, talk to your doctor about how much potassium should be in your diet.

4. **Answer: E**

   In addition to the symptoms listed, pain or discomfort in the arms or shoulder and feeling weak, light-headed, or faint could be symptoms of a heart attack. Other symptoms could include unusual tiredness and nausea or vomiting.

5. **Answer: D**

   In the United States, about 610,000 people die from heart disease each year. It is the leading cause of death for both men and women.

6. **Answer: False**

   If you have high blood pressure, being active can help you control it. In addition, getting enough physical activity can help you keep blood pressure in a healthy range. If you have high blood pressure, talk to your doctor about activities that are right for you.

7. **Answer: False**

Your body uses cholesterol to create hormones and help with digestion and organ function. Good cholesterol (HDL) removes bad cholesterol (LDL) from your body. However, your body makes all the cholesterol you need and having too much bad cholesterol in your blood can lead to heart disease, increased risk of stroke, and artery damage. A blood test can determine your cholesterol levels. Exercise, a healthy diet, and not smoking can help prevent high cholesterol.

8. **Answer: D**

In addition, being overweight or obese can also make an impact.

9. **Answer: False**

A food's nutrition label may show that it has no cholesterol, but it could still contain unhealthy saturated or trans fats, as well as a high amount of sugar.

10. **Answer: A**

About 47 percent of Americans have at least one of these three risk factors for heart disease.

11. **Answer: C**

In addition, being obese is also a risk factor for heart disease.

12. **Answer: True**

Being exposed to secondhand smoke can increase a person's risk for heart disease, even if the person is a nonsmoker.