8 Risk Factors That Elevate Your Heart Disease Risk

Description

Heart disease is the biggest cause of death for both men and women in the United States. This has been true for over 100 years, even though public health has improved a lot.

Doctors know that high blood pressure, high cholesterol, diabetes, and smoking increase the risk of heart disease. They use these factors to find out how at risk patients are and to give treatment advice. Recently, experts have started to think about more things that can increase the risk of heart disease.

Smoking rates are going down, and there are better treatments for cholesterol and blood pressure. Because of this, heart attack and stroke rates have dropped in the last 50 years. But now, new problems like obesity and diabetes are making this progress difficult, as are rising heart failure rates.

To address these issues, the American Heart Association created a new tool. This tool, called PREVENT, helps doctors see the risks of heart failure, heart attacks, and strokes more clearly.

Dr. Michael Nanna, a heart doctor, says that the main risks for heart disease have not really changed. But now, people know more about other risks that can cause heart problems.

Main Risks for Heart Disease

Conditions that cause plaque to build up in blood vessels are very concerning. Plaque can block blood flow and cause problems like chest pain. If plaques break off, they can block important arteries, leading to heart attacks or strokes, as explained by Dr. Jeremy Sussman from the University of Michigan.

Vocabulary List:

1. **Cholesterol** /kəˈlɛs.tə.rɒl/ (noun): A waxy substance found in the blood essential for building cells but high levels can increase the risk of heart disease.
2. **Obesity** /oʊˈbiː.sɪ.ti/ (noun): A medical condition characterized by excessive body fat that increases the risk of heart disease and other health problems.
3. **Plaque** /plak/ (noun): A sticky substance that can build up in blood vessels and potentially block blood flow leading to heart problems.
4. **Heart Failure** /hɑrt ˈfeɪl.jər/ (noun): A chronic condition in which the heart does not pump blood as well as it should.
5. **Risk** /rɪsk/ (noun): The likelihood of danger or harm occurring in this case related to health issues like heart disease.
6. **Stroke** /stroʊk/ (noun): A medical emergency when blood flow to the brain is interrupted leading to potential brain damage.

Comprehension Questions

Multiple Choice

1. What is the biggest cause of death for both men and women in the United States?

   Option: Cancer
   Option: Heart disease
   Option: Stroke
   Option: Diabetes

2. Which of the following factors are known to increase the risk of heart disease according to doctors?

   Option: High blood pressure
   Option: Asthma
   Option: Low cholesterol
   Option: Lack of exercise

3. Which tool helps doctors see the risks of heart failure, heart attacks, and strokes more clearly?

   Option: PREDICT
   Option: PREVENT
   Option: PROTECT
   Option: PREVAIL

4. According to Dr. Michael Nanna, have the main risks for heart disease changed over time?

   Option: Yes
   Option: No

5. What can plaque in blood vessels lead to?

   Option: Headaches
   Option: Heartburn
   Option: Chest pain
   Option: Joint pain

6. Who explains that plaques in blood vessels can lead to heart attacks or strokes?

   Option: Dr. Michael Nanna
   Option: Dr. Jeremy Sussman
   Option: Dr. Amanda Lee
   Option: Dr. Brian Smith

True-False

7. Heart disease is the second leading cause of death in the United States.

8. Smoking rates in the United States are increasing.

9. The tool PREVENT was created by the World Health Organization.

10. Plaque in blood vessels can block blood flow.

11. Diabetes is not considered a risk factor for heart disease.

12. Dr. Michael Nanna believes that people have more awareness of other risks for heart problems now.

Gap-Fill

13. Heart disease has been the biggest cause of death for both men and women in the United States for

over _____ years.

14. The main risks for heart disease according to Dr. Michael Nanna have not really changed, but people

are more aware of other risks that can cause heart problems _____ .

15. The American Heart Association created a new tool called _____ to help doctors see

the risks of heart failure, heart attacks, and strokes more clearly.

16. Conditions that cause plaque to build up in blood vessels can lead to issues like chest pain. If plaques

break off, they can block important arteries, leading to heart attacks or _____ .

17. Obesity and diabetes are making progress in reducing heart attack and stroke rates

_____ .

18. Plaque in blood vessels can block blood flow and cause _____ .

Answer

Multiple Choice: 1. Heart disease 2. High blood pressure 3. PREVENT 4. No 5. Chest pain 6. Dr. Jeremy Sussman
True-False: 7. False 8. False 9. False 10. True 11. False 12. True
Gap-Fill: 13. 100 14. now 15. PREVENT 16. strokes 17. difficult 18. problems

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which of the following is a waxy fat-like substance found in the cells of the body?

   Option: Potassium
   Option: Cholesterol
   Option: Calories
   Option: Protein

2. Which condition is characterized by excessive body weight and fat accumulation?

   Option: Repair
   Option: Obesity
   Option: Risk
   Option: Binge drinking

3. A stroke occurs when the blood supply to the brain is interrupted leading to what?

Option: Excess
Option: Digestion
Option: Stroke
Option: Menopause

4. Which substances provide nourishment essential for growth and the maintenance of life?

Option: Study
Option: Binge drinking
Option: Nutrients
Option: Medication

5. Which substance when consumed in excess can lead to various health issues such as liver damage?

Option: Trend
Option: Alcohol
Option: Plaque
Option: Variety

6. Which macronutrient is essential for building and repairing tissues in the body?

Option: Drive
Option: Cholesterol
Option: Calories
Option: Protein

7. The act of using or having something is known as?

Option: Servings
Option: Balance
Option: Consumption
Option: Risk

8. Maintaining a state of equilibrium or stability is referred to as?

Option: Prevent
Option: Balance
Option: Trend
Option: Menopause

9. The potential of gaining or losing something of value is commonly referred to as?

Option: Potassium
Option: Risk
Option: Excess
Option: Suffering

10. Having a diverse range or assortment of something is described by what term?

   Option: Servings
   Option: Variety
   Option: Cholesterol
   Option: Research

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ in the arteries can restrict blood flow and lead to cardiovascular issues.

12. Women may experience hormonal changes during _____ .

13. Nutrients are primarily _____ in the small intestine.

14. Motivation is a key factor that can influence an individual's ambition and _____ .

15. Conducting a scientific investigation to acquire new knowledge is referred to as a

_____ .

16. Regular exercise and a balanced diet can help _____ certain health conditions.

17. Consuming calories in _____ of what the body needs can lead to weight gain.

18. Severe pain or distress can result in significant _____ .

19. Systematic investigation of a subject to establish facts and reach new conclusions is called

_____ .

20. Maintaining a _____ lifestyle involves regular exercise and a balanced diet.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The process by which the body breaks down food into smaller nutrients for absorption.
22. The likelihood of harm or loss occurring in a given situation.
23. Consuming an excessive amount of alcohol in a short period of time.

24. Substances used to treat cure or prevent diseases or medical conditions.
25. An investigation conducted to gain knowledge or understanding of a subject.
26. A general direction in which something is developing or changing.
27. Maintaining stability and harmony in various aspects of life.
28. The process of fixing or restoring something that is damaged or broken.
29. Taking action to stop something from happening before it occurs.
30. The portions or quantities of food served or consumed at a meal.

Answer

Multiple Choice: 1. Cholesterol 2. Obesity 3. Stroke 4. Nutrients 5. Alcohol 6. Protein 7. Consumption 8. Balance 9. Risk 10. Variety

Gap-Fill: 11. Plaque 12. Menopause 13. Absorb 14. Drive 15. Study 16. Prevent 17. Excess 18. Suffering 19. Research 20. Healthy

Matching sentence: 1. Digestion 2. Risk 3. Binge drinking 4. Medication 5. Study 6. Trend 7. Balance 8. Repair 9. Prevent 10. Servings

CATEGORY

1. Health - LEVEL1

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