

Cardiac Rehab Heart Disease Quiz

T = True F = False U = Uncertain

Circle one

- U T F 1. A minimum of 30 minutes of exercise each day is recommended.
- U T F 2. Exercise can strengthen your bones.
- U T F 3. By doing sit-ups, you can reduce the amount of fat in your stomach.
- U T F 4. No pain – No gain, is a true concept.
- U T F 5. It is good to drink water before, during and after exercise.
- U T F 6. Clothing that allows your skin to breathe and wicks away moisture is good to wear for exercising.
- U T F 7. It is normal for the top number of your blood pressure to go up during exercise.
- U T F 8. Eating beef, bacon, butter, eggs and sausage can lead to heart disease.
- U T F 9. By improving your lifestyle habits, you can improve your quality of life, feel better, live longer and keep medical costs down.
- U T F 10. Using tobacco products is the leading cause of heart and lung disease.
- U T F 11. American Heart Association recommends eating less than 30% of your calories coming from fat.
- U T F 12. Cholesterol intake should not exceed 200 mg per day.
- U T F 13. A blood pressure in the range of 130-139/85-89 is pre-hypertensive.

- U T F 14. Nicotine causes the heart to beat faster and increases the demand for oxygen.
- U T F 15. Angina pectoris (chest pain) is a symptom of coronary artery disease.
- U T F 16. HDL is the good cholesterol and LDL is the bad cholesterol.
- U T F 17. 80-90% of heart attacks results from a blood clot.
- U T F 18. Coronary artery bypass surgery cures heart disease.
- U T F 19. Cardiac catheterization is a procedure to look at the coronary arteries.
- U T F 20. Eating a diet high in saturated and trans fats will cause plaque build up in the coronary arteries.
- U T F 21. To figure % fat: The label reads 150 calories per serving with 4 grams of fat per serving. $9 \text{ calories per gram of fat} \times 4 \text{ divided } 150 = 24\%$ calories coming from fat.

Circle the correct answer:

22. The purpose of balloon angioplasty (PTCA) is:
- to increase blood supply to the coronary arteries
 - to decrease blood supply to the heart muscle
 - to increase blood pressure
23. The heart muscle gets its blood supply from:
- the pulmonary arteries
 - the coronary arteries
 - the right ventricle
24. You can resume normal sexual activity with your usual partner when you can:
- swim across Lake Lewisville
 - climb 2 short flights of stairs without becoming short of breath
 - jog five miles

25. Target heart rate is:
- the same for everyone
 - not affected by medication
 - the pulse rate you should achieve during exercise
26. Warning signs of heart disease include:
- chest pain
 - jaw pain
 - shortness of breath
 - all of the above
27. Cholesterol comes from two primary sources:
- our bodies
 - lack of exercise
 - smoking
 - foods we eat
28. Cholesterol is found in:
- eggs, meat and dairy products
 - fruits and vegetables
 - grains and cereals
29. It is recommended that you eat _____ servings of fruits and vegetables each day.
- 1
 - 5-9
 - 3
30. The number 1 killer of women is:
- heart disease
 - breast cancer
 - lung cancer