

HUMAN BIOLOGY – PREVENTION OF CARDIOVASCULAR DISEASE (pp. 90)

1. Name the most frequent cause of death in the United States: _____
2. Name three genetic factors that predispose an individual to cardiovascular disease:
 - a. _____
 - b. _____
 - c. _____
3. If you have more than one of these factors, what do you need to pay particular attention to doing? _____
4. What does nicotine do to your body? _____
5. Name two things smoking does to your arteries _____
and _____
6. Hypertension occurs more often in persons who: _____
7. What does weight loss do for people with hypertension? _____
8. Why is excessive salt in the diet harmful? _____
9. Why is LDL called “bad” lipoprotein? _____
10. Why is HDL called “good” lipoprotein? _____
11. Why is it bad if the LDL level in blood is abnormally high or the HDL level is abnormally low?

12. Give an example of high blood cholesterol level: _____
13. Name the three antioxidant vitamins that may help in the prevention of CVD:
 - a. _____
 - b. _____
 - c. _____
14. Name the two don'ts that can help to prevent CVD: _____ & _____
15. Name the one thing you should do to help prevent CVD: _____