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Cardiovascular Diseases Quiz Answer Key PDF

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What is the most common type of cardiovascular disease?

A. Stroke

C. Coronary Artery Disease (CAD) ✓

D. Arrhythmias

C. Heart Failure

What is the primary symptom of coronary artery disease?

A. Dizziness

C. Fatigue

D. Shortness of breath

C. Chest pain (angina) ✓

Which of the following is a non-modifiable risk factor for cardiovascular diseases?

A. Smoking

C. Age ✓

D. Physical inactivity

C. Diet

Which of the following are considered modifiable risk factors for cardiovascular diseases? (Select all that apply)

A. Smoking ✓

C. High cholesterol ✓

D. Gender

C. Family history

Which diagnostic test is commonly used to assess the electrical activity of the heart?

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A. Echocardiogram

C. Electrocardiogram (ECG) ✓

D. Coronary angiography

C. Blood test

What is the main purpose of a coronary artery bypass graft (CABG)?

A. To implant a pacemaker

C. To bypass blocked coronary arteries ✓

D. To reduce blood pressure

C. To open narrowed arteries

Which diagnostic methods are used to assess cardiovascular diseases? (Select all that apply)

A. Stress test ✓

C. MRI scan

D. Coronary angiography ✓

C. Blood pressure monitoring ✓

Which of the following is a common symptom of heart failure?

A. Palpitations

C. Headache

D. Nausea

C. Shortness of breath ✓

Which lifestyle change is NOT recommended for managing cardiovascular diseases?

A. Increasing physical activity

C. High-fat diet ✓

D. Weight management

C. Smoking cessation

Which of the following are emerging treatments or research areas in cardiovascular diseases? (Select all that apply)

A. Gene therapy ✓

C. Traditional herbal remedies

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D. Advanced imaging techniques ✓

C. New antihypertensive drugs ✓

Discuss the impact of cardiovascular diseases on global health and economy.

A. They are the leading cause of death. ✓

C. They have no economic impact.

D. They only affect older adults.

C. They are easily preventable.

How does high blood pressure contribute to the development of cardiovascular diseases?

A. It causes blood vessels to narrow. ✓

C. It has no effect on heart health.

D. It only affects older adults.

C. It improves blood flow.

Explain the difference between primary and secondary prevention of cardiovascular diseases.

A. Primary prevention involves lifestyle changes. ✓

C. Secondary prevention is only for severe cases.

D. Primary prevention is not necessary.

C. Secondary prevention is only about medication.

Which medication is often prescribed to lower cholesterol levels in patients with cardiovascular disease?

A. Anticoagulants

C. Statins ✓

D. Antihypertensives

C. Beta-blockers

What are the potential complications of untreated coronary artery disease?

A. Heart attack ✓

C. Heart failure ✓

D. Arrhythmias ✓

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C. Improved heart function

What are common symptoms of a stroke? (Select all that apply)

A. Sudden confusion ✓

C. Trouble speaking ✓

D. Sudden numbness or weakness ✓

C. Chest pain

Describe the role of lifestyle changes in the management of hypertension.

A. Lifestyle changes can lower blood pressure. ✓

C. Lifestyle changes are not effective.

D. Only medication can manage hypertension.

C. Lifestyle changes are optional.

What are the benefits and risks associated with the use of statins in cardiovascular disease management?

A. They lower cholesterol levels. ✓

C. They have no side effects.

D. They are only for severe cases.

C. They are not effective.

Which lifestyle changes can help prevent cardiovascular diseases? (Select all that apply)

A. Regular exercise ✓

C. High-sugar diet

D. Balanced diet ✓

C. Smoking cessation ✓

Which of the following are surgical interventions used in the treatment of cardiovascular diseases? (Select all that apply)

A. Angioplasty ✓

C. Coronary artery bypass graft (CABG) ✓

D. Blood pressure monitoring

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C. Pacemaker implantation ✓

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