

Do You Know About Heart Health?

A Quick Quiz on Heart Health



1. What is cholesterol?

- a) Cholesterol measures how fast your heart beats
- b) Cholesterol measures the amount of a fat-like substance you have in your blood
- c) Cholesterol only tells you how much bad fat you have in your blood
- d) Cholesterol only tells you how much good fat you have in your blood

2. What is blood pressure?

- a) Blood pressure measures how hard your heart has to work to pump your blood
- b) Blood pressure measures how fast your heart beats
- c) Blood pressure measures how much fat you have in your blood
- d) Blood pressure measures how likely you are to have a heart attack.

3. What is a normal blood pressure?

- a) 90/60
- b) 100/70
- c) 120/80
- d) 140/90

4. Which one of these is **not** a sign of heart attack?

- a) Nausea, indigestion, and heartburn
- b) Cold sweat
- c) Congestion
- d) Pressing on the chest

5. Why is smoking bad for your heart?

- a) Smoking causes your arteries to become smaller
- b) Smoking causes less blood to go to your heart
- c) Smoking weakens your heart muscles
- d) All of the above

6. Which food is the worst for you to eat?

- a) Whole-wheat flour (a whole grain)
- b) Avocado (a monounsaturated fat)
- c) Chips (a trans fat)
- d) Skinless chicken (a low-fat protein)

7. Why is a healthy weight important?

- a) It makes you look good
- b) It prevents too much fat from building up in your body
- c) It makes you skinnier, which makes you happier
- d) It makes you generally healthier, even if you don't have any muscle

Answers

1. What is cholesterol?

The answer is: **b) Cholesterol measures the amount of a fat-like substance you have in your blood.** Your cholesterol levels measure how much cholesterol, which is a fat-like substance, travels through your blood. Cholesterol is attached to two proteins, HDL and LDL proteins. HDL cholesterol is “good cholesterol” because it helps clean up extra cholesterol in your body. However, LDL cholesterol is bad cholesterol, because it travels through your arteries and can stick to them. This reduces the supply of blood to your heart and can cause a heart attack.

To have a healthy cholesterol level, it needs to be lower than 5 mmol/l (millimoles/litre). If you have heart disease or diabetes, you need to have a total cholesterol level lower than 4.5 mmol/l. Your GP can measure your cholesterol when you go in for an appointment and tell you how to keep your cholesterol levels healthy.

2. What is blood pressure?

The answer is: **a) Blood pressure measures how hard your heart has to work to pump your blood.** Your blood pressure is two numbers, and is measured like: “#1/#2.” The first number in your blood pressure is the pressure from when the heart squeezes, or contracts, and the second number is the pressure when your heart relaxes.

3. What is a normal blood pressure?

The answer is: **c) 120/80.** Blood pressure that is lower than this is called low blood pressure. Blood pressure that is over 140/90 is called high blood pressure, and is very dangerous. Over half of adults in Ireland over the age of 45 have high blood pressure. Most are not being treated for high blood pressure, because high blood pressure has no symptoms. This is a problem because high blood pressure is bad for your heart, It can cause damage to your arteries, heart attack, build-up of fat in your heart, and even heart failure. You can find out your blood pressure by having it measured by your GP or by most pharmacists. If you have high blood pressure, talk to your GP about how to lower it.

4. Which one of these is **not** a sign of heart attack?

The answer is: **c) Congestion.** A heart attack happens when the flow of blood that brings oxygen, which is vital to your heart health, is severely reduced or entirely cut off. When you have a heart attack, the part of your heart muscle that is not getting enough, or any, oxygen, can become damaged or even die. There are many different signs for having a heart attack, and some of them don't seem related to your heart. Some of those symptoms include cold sweat, nausea, pain between the shoulder blades, and vomiting. If you think that you are having a heart attack, immediately dial either 999 or 112 for help. The sooner you get help, the more likely you are to survive a heart attack.

5. Why is smoking bad for your heart?

The answer is: **e) All of the above.** Smoking is bad for your heart health in many different ways. If you smoke regularly and want to improve your heart health, you should try to quit smoking. If you need help quitting, you can call the national smokers' quitline at 1850201203, or talk to your GP.

If you are not yet ready to quit smoking, you should try to lower the number of cigarettes you smoke every day, avoid smoking near other people, and do not smoke in your home or car if you have a child or live with someone else.

6. Which food is the worst for you to eat?

The answer is: **c) Chips (a trans fat).** Foods with trans fats (fast foods like chips), saturated fats (like butter or cream), and sodium (like table salt) are bad for you, because they can clog your arteries, and block blood full of oxygen from getting to your heart. This makes your heart muscles weaker and can even cause a heart attack.

Whole grains, monounsaturated fats, and low-fat proteins are very good for you. They keep your heart healthy and your blood flowing!

7. Why is a healthy weight important?

The answer is **b) It prevents too much fat from building up in your body.** Maintaining a healthy weight means that you will not have too much fat build up in your belly and around your organs, which can clog your arteries. This means that being a healthy weight helps prevent heart attacks. Being overweight also causes heart disease and high cholesterol, so if you have a healthy diet and exercise to lose stomach fat, your heart will be much healthier.

Even though being a healthy weight might make you look good and make you happier, it is important to eat the right foods and stay active. Being a healthy weight and being fit and muscled is much better for your body than just being a healthy weight but eating the wrong foods, which is why staying active is important. It helps exercise your heart muscles and keep your arteries clear.

How well did you do?



1-3 questions correct: Beginner

If you got 1-3 questions right, you should try to learn more about heart health. Cairde has many different resources around the office and online that you can read for free to learn more. Knowing about heart health could be the difference between a long, healthy life and having heart problems in your future. Take control of your body and start reading today!

4-5 questions correct: Average

If you answered 4-5 questions correctly, then you have a fair amount of knowledge about heart health. This is a great start! You still have more to learn, though, if you want to keep your heart healthy. You can read more about heart health on Cairde's website or through pamphlets around Cairde's office.

6-7 questions correct: Expert

If you answered 6-7 questions correctly, great job! You know a lot about heart health, but there is always more to learn. This quiz only covered a little bit about heart health. And you can always read more about stress, how to keep your cholesterol levels healthy, and more. There are more resources available on Cairde's website and in Cairde's office for you to read, or you can read more about heart health online.