*The Heart Truth®*

Heart Health Quiz

1. What is the #1 killer of women in America?
   1. Breast cancer
   2. **Heart Disease**
   3. Violent crimes
2. Which of the following is the most common type of heart disease?
   1. **Coronary artery disease**
   2. Heart failure
   3. Congenital heart disease
   4. Rheumatic heart disease
3. What is the best treatment for heart disease?
   1. Coronary artery bypass
   2. Angioplasty
   3. **Healthy diet and exercise**
4. **True** or False: Heart disease can be prevented.
5. Which of the following is NOT a risk factor for heart disease?
   1. Family history/genetics
   2. Smoking
   3. **High-fiber diet**
   4. Physical inactivity
6. **True** or False: Have 3 risk factors for heart disease increases your risk over 10 times.