

How to Become Heart Attack Proof – Session 3 Quiz

1. The buildup of plaque starts in early childhood about the age of 10. T F
2. In the Framingham Heart Study, no person in 45 years died of a heart attack who had a total cholesterol level < 150 mg/dl. T F
3. Feelings of stress, hostility, depression, hypertension, diabetes, saturated fat, smoking and inactivity are all risk factors linked to CHD. T F
4. For every 20 minutes of exercise, you ↑ HDL levels by 4 mg/dl. T F
5. Red meat, hamburgers, hot dogs, cheese, cream, fried chicken, deep-fried foods and fast foods are some of the primary food sources of saturated fat. T F
6. The conventional treatment of CHD through surgery and cholesterol lowering drugs represent the most effective tools for treating this health condition. T F
7. Even high-risk patients have less than a 5% chance of benefiting from heart protective drugs (cardioprotective drugs) taken for 5 years. T F
8. Drugs to treat angina (severe chest pains due to a poor blood supply to the heart) work better than a vegan diet for treating angina. T F
9. Amla (Indian Goose Berries) was shown to be as effective as the medications that were designed to lowering cholesterol levels, inhibit blood clots and reduce stiff arteries. T F
10. In one very large study, not smoking, exercising for 3.5 hours a week, eating a healthy diet (fruits, vegetables, beans, whole grains, nuts, seeds, and limited amounts of meat) and maintaining a healthy weight (BMI <30) was effective in significantly lowering the risk of diabetes, heart attacks, strokes and all cancers. T F
11. In the 1950's in Uganda, a study revealed no African in this country died from CHD. In fact, in 632 autopsies no one died from CHD. T F
12. While the cholesterol levels in the Africans in Uganda increases with age, the cholesterol levels of Asians living in Uganda decrease as they get older. T F
13. Doctor Cadwell Esselstyn 12-year study, demonstrated that a whole food plant-based diet could reverse CHD; the build-up of plaque in the arteries. T F
14. Dead meat toxins trigger inflammation and stiffening of blood vessels dead or alive. T F
15. In one study, two hours after a meal that included sausages and other breakfast items, blood flow ↓50% and blood fat ↑60%. T F
16. Eleven days on a vegan diet is not long enough time to see big improvements in factors such as body weight blood cholesterol levels and blood pressure readings. T F
17. Kale juice, garlic, curcumin, nuts and exercise can all increase HDL cholesterol levels. T F
18. A current smoker who also does not exercise (sedentary) is at a very high risk for CHD when compared to an active none smoker. T F
19. Ideal risk levels for cholesterol numbers are as follows: HDL 60+, LDL < 100, Total cholesterol < 130. T F
20. 85% of heart attacks are caused by the rupture of large stable plaques. T F