



Keep Your Heart and Blood Vessels Healthy

1. What should you do each day to stay healthy with diabetes?
 - a. Follow the healthy eating plan you and your doctor or dietitian have worked out.
 - b. Be active a total of 30 minutes most days.
 - c. Take your medicines as directed.
 - d. Check blood glucose every day.
 - e. Check feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.
 - f. Brush and floss teeth every day.
 - g. Control blood pressure and cholesterol.
 - h. Don't smoke.
 - i. All of the above.
2. What can I do to prevent heart disease and stroke?
 - a. Keep blood glucose and blood pressure under control.
 - b. Keep cholesterol under control.
 - c. Ask doctor if you should take an aspirin every day.
 - d. a and b.
 - e. All of the above.
3. How do blood vessels get clogged?
 - a. When cholesterol is too high, the insides of large blood vessels become narrowed or clogged.
 - b. Eating too much sugar will cause blood vessels to become narrowed and clogged.
 - c. Eating too many carbohydrates will cause blood vessels to become narrowed and clogged.
 - d. Most people with atherosclerosis (narrow or clogged blood vessels) are born with it.
4. Which of the following health problems are NOT caused by narrowed and clogged blood vessels?
 - a. Stroke.
 - b. Chest pain.
 - c. Obesity.
 - d. Heart attack.
5. Which of the following is a warning sign of a heart attack?
 - a. Chest pain or discomfort.
 - b. Pain or discomfort in your arms, back, jaw, or neck.
 - c. Indigestion or stomach pain.
 - d. Shortness of breath, sweating, nausea, and light-headedness.
 - e. May have no warning signs at all.
 - f. All of the above.

6. True or False.
___ High blood pressure can be compared to a garden hose. If you hold your thumb over the opening of the hose, it makes it smaller, which causes the water pressure to be higher. In the same way, clogged blood vessels lead to high blood pressure.
7. Which of the following is true about Peripheral Arterial Disease (PAD)?
- a. PAD can happen when the openings in blood vessels become narrow and the legs and feet don't get enough blood.
 - b. People with PAD may feel pain in the legs when they walk or exercise.
 - c. Some people with PAD have numbness or tingling in their feet or legs or have sores that heal slowly.
 - d. All of the above.
8. Which of the following can prevent or control PAD?
- a. Don't smoke.
 - b. Keep blood glucose, cholesterol and pressure under control.
 - c. Exercise
 - d. All of the above.