

TAKE CARE OF YOUR HEART QUIZ

Heart disease is common among kidney patients, but there are many things you can do to keep your heart healthy.



1. What does heart disease mean?

- A. Problems only with your lungs
- B. Problems with the heart and blood vessels
- C. Only high blood pressure
- D. Only problems with cholesterol

2. Which of the following is a type of heart disease?

- A. Broken bones
- B. Tooth infection
- C. Coronary artery disease (CAD)
- D. Vision problems

3. What can block the flow of blood to your heart?

- A. A blood clot
- B. A cold
- C. A stomach ache
- D. Low calcium

4. Which habit can help keep your heart healthy?

- A. Eating foods high in salt
- B. Skipping medicines
- C. Smoking
- D. Being active

5. If you have diabetes, what factors should you manage to help protect your heart?

- A. Body temperature
- B. Blood sugar
- C. Hair growth
- D. Hearing



PROTECT
YOUR HEART.
LIVE LONGER!

1.B 2.C 3.A 4.D 5.B