

Are You Heart Smart?

How much do you know about keeping your heart healthy? Take this quiz and find out.

- Every ____ seconds, someone in the United States has a heart attack.
 - 40
 - 50
 - 55
- Which of the following is not a risk factor for heart disease?
 - High blood pressure
 - Using statins
 - Smoking
- All of the following are heart attack symptoms except:
 - Chest pain
 - Back pain
 - Nausea
 - Blurred vision
- True or false: You should wait until you have at least two heart attack symptoms before getting care.
 - True
 - False
- True or false: Causing yourself to cough vigorously during a heart attack will stop it.
 - True
 - False
- Which test takes an ultrasound of your heart?
 - Electrocardiogram
 - Echocardiogram
 - Coronary angiogram

Answers: 1. A; 2. B; 3. D; 4. B; 5. B; 6. B

Always call 911 or your local emergency services number if you or someone else requires immediate medical attention.

Sources: American Heart Association, Centers for Disease Control and Prevention

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