

In- home aide Newsletter- October 2024 Post Test
Heart Disease ANSWERS

1. Changes in the heart and blood vessels that happen with age may increase a person's risk of heart disease and related health problems.

True

2. Heart disease is the number one cause of death in the United States.

True

3. Atherosclerosis is the slow buildup of fatty deposits, called plaques, in the walls of the coronary arteries.

True

4. It is important for an older person to have their blood pressure checked regularly.

True

5. Heart failure means the heart is about to stop working

False

6. An arrhythmia is a problem with the rate or rhythm of a person's heartbeat.

True

7. Blood pressure is the force of blood pressing against artery walls.

True

8. There are no treatment plans for heart disease.

False

9. A person can take in sodium not just from adding salt to meals but also from prepared and packaged foods.

True

10. A client who can get early medical treatment for a change in condition may be able to avoid a hospital stay and a worsening condition.

True