

The Heart Truth[®]
Heart Health Quiz



Question	Pre-Test Answer	Post-Test Answer
1. What is the #1 killer of women in America? a. Breast cancer b. Heart Disease c. Violent crimes		
2. Which of the following is the most common type of heart disease? a. Coronary artery disease b. Heart failure c. Congenital heart disease d. Rheumatic heart disease		
3. What is the best treatment for heart disease? a. Coronary artery bypass b. Angioplasty c. Healthy diet and exercise		
4. True or False: Heart disease can be prevented.		
5. Which of the following is NOT a risk factor for heart disease? a. Family history/genetics b. Smoking c. High-fiber diet d. Physical inactivity		
6. True or False: Having 3 risk factors for heart disease increases your risk over 10 times.		