

Chapter 25 Lesson 1: Cardiovascular Disease

Introduction:

Heart disease is the leading cause of death in this country. In this lesson, you learned how you can start taking care of your heart so that you are less likely to be part of that statistic in the future. One of the risk factors affecting your risk of heart disease is your blood cholesterol level. At this Web site you can learn more about the different types of blood cholesterol and how to keep them at desirable levels.

Links to Explore:

High Blood Cholesterol: What You Need to Know

<http://www.nhlbi.nih.gov/health/public/heart/chol/wyntk.htm>

Directions:

- Click on the link and read the report on high blood cholesterol.
 - After reading the report, answer the following questions:
1. What are the symptoms of high blood cholesterol?
 2. What is a desirable total cholesterol level?
 3. Which type of cholesterol is “bad” cholesterol, and what is a desirable level?
 4. When is “good” cholesterol a major risk factor for heart disease?
 5. Name three things you can change to affect your cholesterol levels.
 6. Name three things you cannot change that affect your cholesterol levels.
 7. If you take drugs to control your cholesterol levels, do you still need to worry about lifestyle changes?

Answers:

1. There are none.
2. Less than 200 milligrams per deciliter of blood (mg/dL)
3. LDL; less than 100 mg/dL
4. When it is lower than 40 mg/dL
5. Diet, weight, and physical activity
6. Age, gender, and heredity
7. Yes

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

CDC Health Topic: Cardiovascular Disease

<http://www.cdc.gov/doc.do/id/0900f3ec802720b8>

American Stroke Association

<http://www.strokeassociation.org/>

National Heart, Lung and Blood Institute

<http://www.nhlbi.nih.gov/health/public/heart/index.htm/>