Heart Health pg. 552

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| What is cardiovascular disease?  What is atherosclerosis?  What is hypertension?  How are atherosclerosis and hypertension related?  How do you keep your heart healthy? | Cardiovascular disease (heart disease) is the leading cause of death in the U.S.  Atherosclerosis is a condition in which artery walls thicken as a result of cholesterol build up, and can cause heart attack.  Hypertension is high blood pressure (>140/90).  Atherosclerosis causes hypertension.  Balance your diet, keep away from fats and sodium, exercise, and don’t smoke |