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 |