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Test Questions

Chapter 1

1. With every heartbeat, the heart pumps blood that carries _____ and nutrients to all parts of the body.
 - A. oxygen
 - B. carbon dioxide
 - C. nitrogen
 - D. helium
2. Heart muscle receives its own blood supply from a system of _____.
 - A. cerebral arteries
 - B. femoral arteries
 - C. pulmonary arteries
 - D. coronary arteries
3. Cardiovascular diseases (CVDs) include which of the following?
 - A. diseases of the heart
 - B. vascular diseases of the brain
 - C. diseases of blood vessels
 - D. all of the above
4. CVDs are responsible for over 17.3 million deaths per year and are the leading causes of death in the world.
 - A. TRUE
 - B. FALSE
5. Which of the following disease results in heart attack?
 - A. Pneumonia
 - B. Atherosclerosis
 - C. Goiter
 - D. Hyperthyroidism
6. In atherosclerosis _____ cause the inner surface of the blood vessels to become irregular and the lumen to become narrow, making it harder for blood to flow through.
 - A. sugar
 - B. insulin
 - C. plaques
 - D. bile
7. Which of the following factors promote the process of atherosclerosis?
 - A. unhealthy diet (rich in salt, fat and calories)
 - B. tobacco use and physical inactivity
 - C. harmful use of alcohol
 - D. all of the above
8. _____ is caused by damage to the heart muscle and heart valves from rheumatic fever?
 - A. Rheumatic heart disease
 - B. Atherosclerotic disease
 - C. Congenital heart disease
 - D. Diabetes

9. Congenital heart disease can be caused by which of the following?

- A. consanguinity
- B. maternal infections and maternal use of alcohol and drugs
- C. poor maternal nutrition
- D. all of the above

Chapter 2

10. Tobacco smoking, physical inactivity, unhealthy diets and the harmful use of alcohol are the main behavioral risk factors of which of the following?

- A. heart disease and stroke
- B. cancer and diabetes
- C. respiratory disease
- D. all of the above

11. Major cardiovascular risk factors such as hypertension and diabetes link CVD to _____ disease.

- A. pneumonia
- B. renal
- C. Goiter
- D. hyperthyroidism

12. Over _____ of cardiovascular and diabetes deaths occur in low and middle income countries (LMICs).

- A. 8%
- B. 10%
- C. 80%
- D. 98%

Chapter 3

13. One of the **main** underlying pathological processes that leads to coronary heart disease and cerebrovascular disease is known as _____.

- A. pneumonia
- B. atherosclerosis
- C. goiter
- D. hyperthyroidism

14. _____ can block a coronary blood vessel or a cerebral blood vessel resulting in a heart attack or stroke.

- A. Thrombus
- B. Kidney stone
- C. Tumor
- D. none of the above

15. When the blood flow is decreased due to a blockage, it causes chest pain (angina) due to _____.

- A. inflammation
- B. infection
- C. ischemia
- D. fever

16. A rupture of a blood vessel can cause bleeding known as _____.

- A. pneumonia
- B. hemorrhage
- C. goiter
- D. hyperthyroidism

17. A clot carried to the cerebral circulation can be trapped in a cerebral blood vessel and block the blood flow to an area of the _____.

- A. heart
- B. brain
- C. lungs
- D. kidneys

Chapter 4

18. Over the past two decades, cardiovascular mortality rates have **declined** substantially in _____ countries.

- A. high-income
- B. low-income
- C. poor
- D. none of the above

Chapter 5

19. A large percentage of CVDs (and other NCDs) is preventable through which of the following?

- A. tobacco use and unhealthy diet
- B. physical inactivity
- C. harmful use of alcohol
- D. all of the above

20. In terms of attributable deaths, the **leading** cardiovascular risk factor globally is raised _____.

- A. inflammation
- B. infection
- C. blood pressure
- D. physical inactivity

21. Cardiovascular risk distribution of the population can be lowered through national health policies targeting the whole population as well as those at high risk.

- A. TRUE
- B. FALSE

Chapter 6

22. _____ is a totally avoidable risk factor of CVDs.

- A. Congenital heart disease
- B. Tobacco
- C. Goiter
- D. Genetic diseases

23. Smoking is estimated to cause nearly _____ of cardiovascular diseases (CVD).

- A. 1%
- B. 3%
- C. 5%
- D. 10%

Chapter 7

24. Physical activity improves which of the following?

- A. endothelial function
- B. enhancement in vasodilatation
- C. enhancement in vasomotor function in the blood vessels
- D. all of the above

25. In adults, participation in _____ of moderate physical activity each week is estimated to reduce the risk of ischemic heart disease by approximately 30%.

- A. 5 minutes
- B. 10 minutes
- C. 150 minutes
- D. 15 minutes

Chapter 8

26. _____ of alcohol-attributable deaths globally are due to CVD and diabetes mellitus.

- A. 4%
- B. 14%
- C. 40%
- D. 49%

27. Harmful use of alcohol do which of the following?

- A. damages heart muscle
- B. increases the risk of stroke
- C. promotes cardiac arrhythmia
- D. all of the above

Chapter 9

28. Dietary salt aggravates the age related rise in _____.

- A. blood pressure
- B. inflammation
- C. pancreatitis
- D. hepatitis

29. Which of the following increases the risk of CVD?

- A. saturated and trans fat
- B. cholesterol
- C. high salt intake
- D. all of the above

30. _____ is a cardiovascular risk factor closely linked to diet and physical inactivity.

- A. Fever
- B. Infection
- C. Obesity
- D. Asthma

Chapter 10

31. Overweight and obesity cause adverse metabolic effects on which of the following?

- A. blood pressure
- B. cholesterol and triglycerides
- C. insulin resistance
- D. all of the above

32. Risks of coronary heart disease, ischemic stroke and type 2 diabetes mellitus increase steadily with an increasing _____.

- A. physical activity
- B. healthy diet
- C. exercise
- D. BMI

Chapter 11

33. In addition to coronary heart disease and cerebrovascular disease, uncontrolled blood pressure causes which of the following?

- A. heart failure and renal impairment
- B. peripheral vascular disease
- C. damage to retinal blood vessels and visual impairment
- D. all of the above

34. In some age groups, the risk of CVD doubles for each incremental increase of _____ mm Hg of blood pressure, starting as low as 115/75 mm Hg.

- A. 8/5
- B. 20/10
- C. 7/4
- D. 7/6

Chapter 12

35. Diabetes is a major risk factor of CVD and defined as having a fasting plasma glucose value of _____.

- A. 126 mg/dl
- B. 26 mg/dl
- C. 16 mg/dl
- D. 6 mg/dl

36. CVD accounts for about _____ of all mortality in people with diabetes.
- A. 6%
 - B. 26%
 - C. 60%
 - D. 90%

Chapter 13

37. Which of the following is called "bad" cholesterol?
- A. high density lipoprotein cholesterol (HDL)
 - B. triglycerides
 - C. low density lipoprotein cholesterol (LDL)
 - D. none of the above

38. LDL cholesterol is deposited in the walls of arteries and causes _____.
- A. pneumonia
 - B. atherosclerosis
 - C. goiter
 - D. hyperthyroidism

39. Raised blood cholesterol increases the risk of heart disease and stroke.
- A. TRUE
 - B. FALSE

Chapter 14

40. Which of the following have negative impact on cardiovascular health?
- A. poverty
 - B. lack of education
 - C. unplanned urbanization
 - D. all of the above

Chapter 15

41. High birth weight is associated with an increased risk of adult diabetes and CVD.
- A. TRUE
 - B. FALSE

Chapter 16

42. Every year _____ women die from CVDs.
- A. 1 million
 - B. 100,000
 - C. 8.6 million
 - D. 256,000

Chapter 17

43. Which of the following drives the cardiovascular epidemic that is shaped by the rise of behavioral risk factors?
- A. aging
 - B. globalization
 - C. urbanization
 - D. all of the above

Chapter 18

44. Disadvantaged populations are more exposed to CVD risk due to lack of power and knowledge.
- A. TRUE
 - B. FALSE

Chapter 19

45. Each heartbeat originates as an electrical impulse in the _____ of the heart in the area called the sino atrial node.
- A. left atrium
 - B. right atrium
 - C. right ventricle
 - D. left ventricle
46. An abnormal electrical activity in the heart is known as _____.
- A. cardiac arrhythmia
 - B. atherosclerotic disease
 - C. congenital heart disease
 - D. rheumatic heart disease
47. _____ is one of the common tachyarrhythmias arising from the atria.
- A. Stroke
 - B. Ventricular fibrillation
 - C. Atrial fibrillation
 - D. none of the above
48. Which of the following can be considered as risk factors of atrial fibrillation?
- A. hypertension and diabetes
 - B. thyroid over-activity
 - C. cardiac valve abnormalities
 - D. all of the above

Chapter 20

49. _____ disease is a defect in the structure and function of the heart due to abnormal heart development before birth.
- A. Rheumatic heart disease
 - B. Atherosclerotic disease
 - C. Congenital heart disease
 - D. Diabetes
50. Birth defects can be caused by which of the following?
- A. single gene defect and chromosomal disorders
 - B. multi-factorial inheritance and environmental teratogens
 - C. micro-nutrient deficiencies
 - D. all of the above
51. All of the following are examples of non-cyanotic congenital heart diseases **EXCEPT:**
- A. hepatitis
 - B. ventricular septal defect
 - C. atrial septal defect
 - D. patent ductus arteriosus
52. Which of the following is a cyanotic congenital heart disease?
- A. Aortic stenosis
 - B. Fallots tetralogy
 - C. Pulmonary stenosis
 - D. Coarctation of the aorta

Chapter 21

53. _____ is a common cause of acquired heart disease in children and adolescents living in poor socioeconomic conditions.
- A. Chikungunya
 - B. Malaria
 - C. Rheumatic fever
 - D. Diabetes

Chapter 22

54. _____ is a chronic, systemic, parasitic infection caused by the protozoan *Trypanosoma cruzi*.

- A. Aortic stenosis
- B. Chagas disease
- C. Pulmonary stenosis
- D. Coarctation of the aorta

55. Chagas disease is mainly transmitted by the infected feces of triatomine bugs that are also known as _____.

- A. "kissing bugs"
- B. "dirty bugs"
- C. "water bugs"
- D. "sand bugs"

56. Chagas disease can lead to sudden death or heart failure caused by progressive destruction of the _____.

- A. lungs
- B. liver
- C. brain
- D. heart muscle

57. Which of the following are **some** of the preventive actions for Chagas Disease?

- A. vector control
- B. improved housing
- C. health education and epidemiological surveillance
- D. all of the above

58. An estimated 10 million people are infected worldwide, mostly in _____ where Chagas disease is endemic.

- A. Africa
- B. Asia
- C. Latin America
- D. Middle East

Chapter 23

59. Over the last two decades, cardiovascular mortality rates have **declined** in many _____ countries.

- A. poor
- B. underdeveloped
- C. high-income
- D. all of the above

Chapter 24

60. The _____ approach for controlling cardiovascular risk factors is more cost effective than a single-risk factor approach.

- A. total-risk
- B. multiple-risk
- C. minimum-risk
- D. maximum-risk

Chapter 25

61. Prevention and control of CVD require which of the following?

- A. coherent policy response
- B. intersectoral collaboration
- C. high insurance premium
- D. A and B only

Chapter 26

62. Multiple stakeholders need to be engaged in monitoring action for prevention of CVD.

- A. TRUE
- B. FALSE

Chapter 27

63. Accelerating progress in tobacco control requires which of the following?

- A. leadership of national authorities
- B. political commitment and investment
- C. efficient governance mechanisms
- D. all of the above

Chapter 28

64. Television advertising is associated with increased consumption of snacks and drinks high in sugar, consumption of nutrient poor foods and increased caloric intake.

- A. TRUE
- B. FALSE

Chapter 29

65. Physical activity is influenced by policies and practices in which of the following sectors?

- A. transport and education
- B. sports, environment and media
- C. urban design
- D. all of the above

Chapter 30

66. Addressing the harmful use of _____ is one of the **key** components of CVD/NCD prevention and control.

- A. exercise
- B. alcohol
- C. healthy eating
- D. water

Chapter 31

67. Which of the following is a **second** category interventions for CVD control?

- A. acute events
- B. coronary care
- C. coronary bypass surgery
- D. intensive care

Chapter 32

68. Balancing investment in which of the following is vital for sustainability of CVD programs?

- A. primary care
- B. secondary care
- C. tertiary care
- D. all of the above

Chapter 33

69. Which of the following interventions are listed in the book for CVD and diabetes?

- A. Provide counseling
- B. provide multi-drug therapy
- C. Treat heart attacks (myocardial infarction) with aspirin
- D. all of the above

Chapter 34

70. Research is essential to bridge which of the following in prevention and control of NCDs?

- A. implementation gaps
- B. knowledge translation
- C. demographics
- D. A and B only

Chapter 35

71. Which of the following are **key** components of CVD prevention and control?

- A. monitoring major cardiovascular risk factors
- B. CVD death rates
- C. insurance policies
- D. A and B only

Chapter 36

72. In many countries, _____ also play a significant role in delivering prevention and treatment services for CVD.

- A. civil society institutions
- B. multiple-risk
- C. insurance policies
- D. none of the above

Chapter 37

73. In LMICs, _____ of deaths from NCDs are below the age of 60, whereas as in high-income countries, only 11% are in this age group.

- A. 10%
- B. 20%
- C. 40%
- D. 67%

Chapter 38

74. _____ has been successfully funding its ThaiHealth Promotion Foundation since 2001 with 2% of the total national tax revenue on alcohol and tobacco products.

- A. China
- B. Thailand
- C. Philippines
- D. India

Chapter 39

75. CVDs (heart attacks and strokes) and other NCDs are responsible for _____ of deaths globally.

- A. 10%
- B. 20%
- C. 60%
- D. 87%

Chapter 40

76. The WHO Global NCD Action Plan, endorsed by the World Health Assembly in May 2000, focuses on which of the following **main** areas?

- A. mapping the NCD epidemic and determinants
- B. reducing the level of exposure of individuals and communities to the common risk factors
- C. strengthening health care for people with NCDs
- D. all of the above