

American Heart Month Quiz



February is American Heart Month, a time to raise awareness about heart disease. Take this quiz to see how much heart trivia you know:

True or False 1. The first human heart transplant was done in 1967 in South Africa.

True or False 2. Heart disease increases your risk for developing dementia.

True or False 3. The American Heart Association is a good source of heart-healthy recipes.

True or False 4. Cancer of the heart does exist, but it's extremely rare.

True or False 5. The French Paradox refers to the low rates of heart disease in spite of a typical French diet that is high in saturated (bad) fat.

True or False 6. In ancient times, it was believed that the heart acted as a blood warmer.

True or False 7. The upper chambers of the heart are called atria; a single chamber is called an atrium.

True or False 8. Diabetes and sleep apnea are risk factors for heart disease.

True or False 9. The DASH eating plan, Dietary Approaches to Stop Hypertension, can help improve your cholesterol.

True or False 10. Broken heart syndrome is a real heart condition. It can feel like you're having a heart attack.

Believe it or not, all the answers are true!

Learn more at the American Heart Association's website, www.heart.org.

Please visit excellusbcbcs.com for more information about lifestyle changes you can make to improve your health.