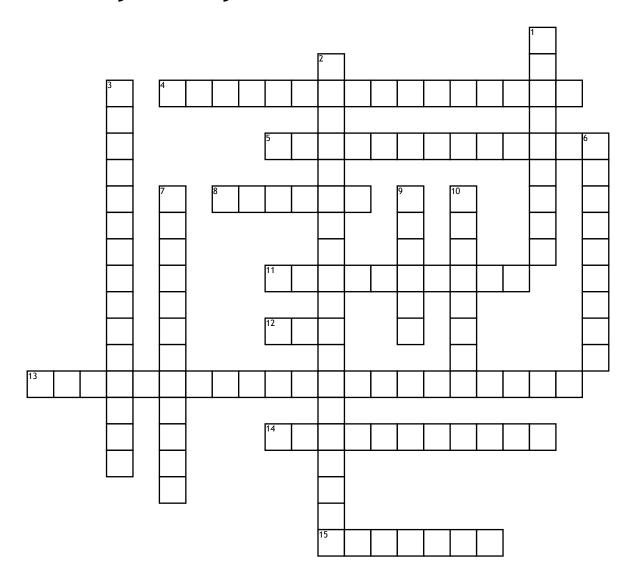
Coronary Artery Disease Crossword Puzzle



Across

- 4. These supply blood to the
- 5. The amount of physical activity you should get every
- 8. You can manage this to improve your mental and physical health and reduce your **Down** risk of heart attack
- 11. The type of risk factors you can change
- 12. A non-modifiable risk factor

- **13.** Also know as coronary heart disease
- 14. Occurs when blood flow to your heart is blocked, resulting in death of heart muscle
- **15.** Quitting this can reduce your risk for CAD and heart attacks

- 1. A common sign of a heart attack for men and women
- 2. Increase consumption of these in your diet
- 3. When plague builds up on walls of coronary arteries

- **6.** The type of fat that contributes most to high cholesterol
- **7.** The type of diet you should eat to reduce the risk of CAD
- **9.** You should consume less than 2300 mg of this per day, less if you have high blood pressure
- 10. Uncontrolled

increases triglycerides and your chances of coronary artery disease