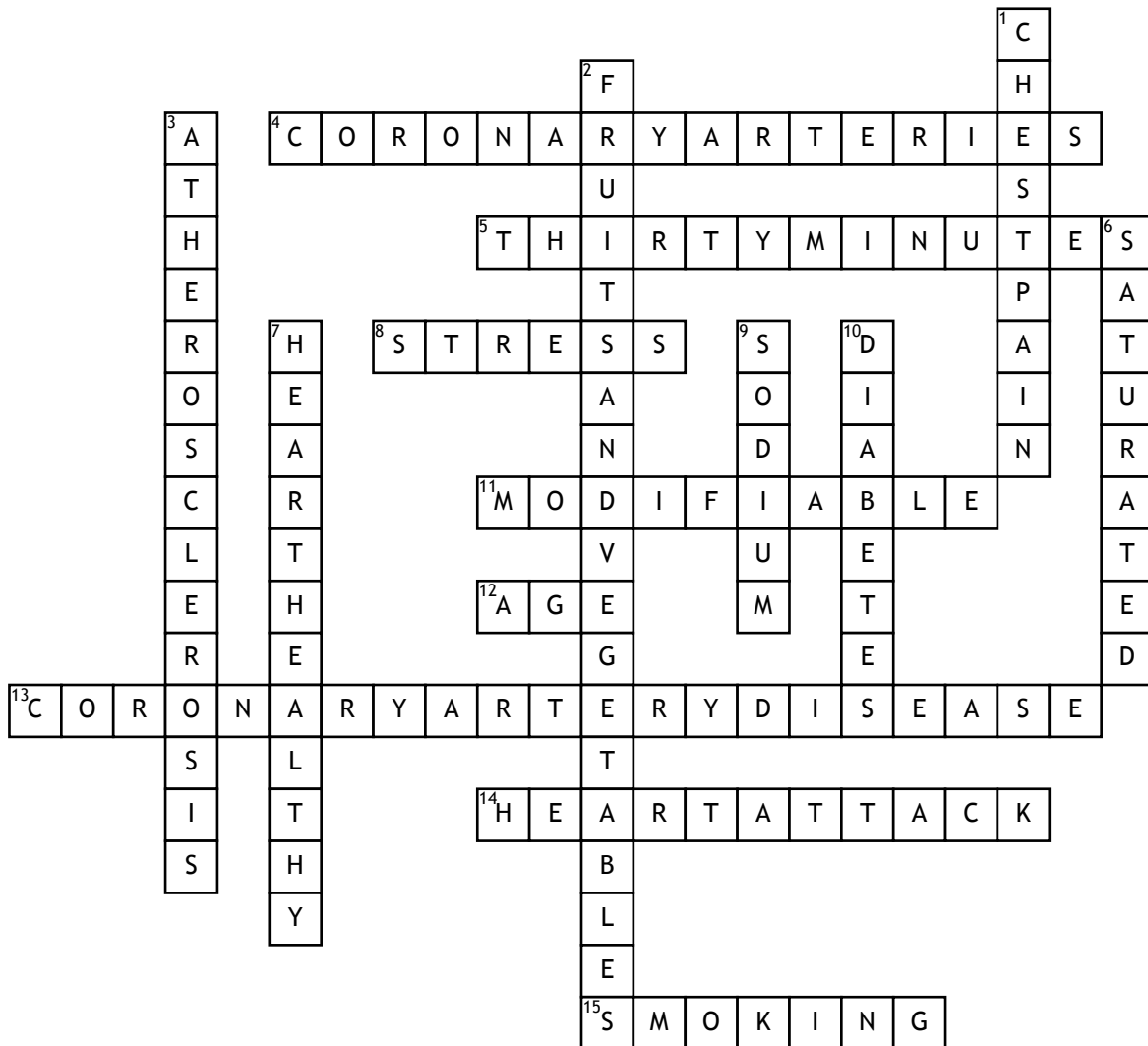


Coronary Artery Disease Crossword Puzzle



Across

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

13. Also known 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

Down

1. A common sign of a heart attack for men and women
 2. Increase consumption of these in your diet
 3. When plaque 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