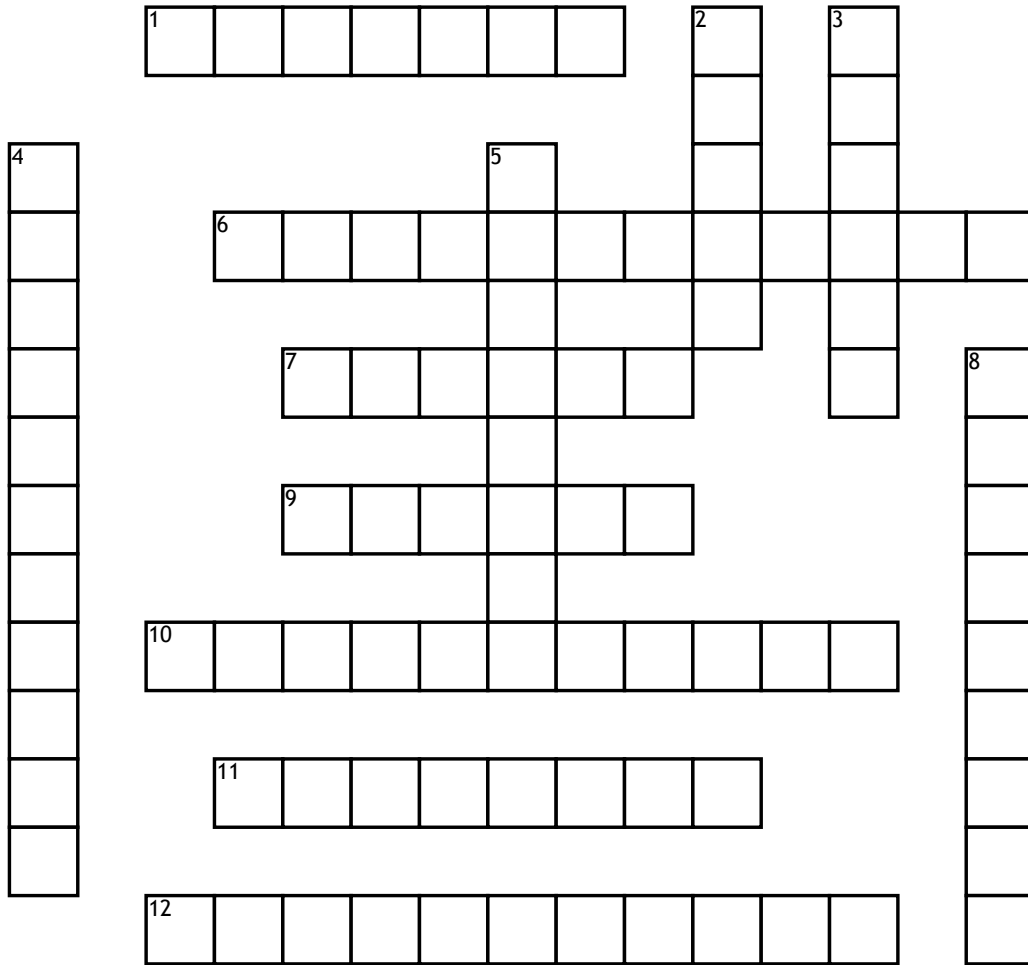


Caring for Your HEART



Across

1. Quitting this can reduce your risk of CAD and heart attacks

6. The disease of having a blood pressure consistently elevated above the normal

7. You can manage this to improve your mental and physical health and reduce your risk of heart attack

9. You should consume less than 2300mg of this per day, less if you have high blood pressure

10. The fatty substances in your blood that can lead to heart disease

11. High glucose levels of this disease increase the risk of heart disease

12. Yur doctor prescribes you these at discharge and taking them as directed is extremely important

Down

2. A small metal tube used to keep the artery open after a blockage occurs

3. It is important to live an _____ lifestyle post heart attack to reduce the risk of another

4. Occurs when blood flow to your heart is blocked, resulting in death of heart muscle

5. These supply blood to the heart

8. A common sign of a heart attack for both men and women

Word Bank

Cholesterol

HeartAttack

Stent

ChestPain

Hypertension

Active

Medications

Diabetes

Stress

Smoking

Arteries

Sodium