Recognize the Risks

Activity C **Name** _____

Chapter 6 **Date** _____ **Period** _____

In each of the following pairs, place an R in the blank beside the description of the person with the greater risk for coronary heart disease. Then answer the questions at the bottom of the page.

1. _____25-year-old _____60-year-old
2. _____male _____female
3. _____African American _____Asian American
4. _____second cousin had a heart attack _____father has high blood pressure
5. _____overweight _____underweight
6. _____chain-smoker _____nonsmoker
7. _____low-fat diet _____high-fat diet
8. _____active lifestyle _____sedentary lifestyle
9. _____irritable, impatient personality _____mild personality traits
10. _____low-stress work _____normal-stress work
11. _____normal blood pressure _____high blood pressure
12. _____diabetic _____nondiabetic
13. _____high serum cholesterol _____low serum cholesterol
14. Of the risk factors listed in the chapter, which are uncontrollable? _____

15. Which are controllable? _____

16. For each risk factor that is controllable, explain what a person could do to lower his or her risk.

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