

Heart Attack Quiz: 100 Multiple-Choice Questions

1. What is the medical term for a heart attack?

- A. Arrhythmia
- B. Myocardial infarction
- C. Angina
- D. Cardiomyopathy

2. What is the most common cause of a heart attack?

- A. Viral infection
- B. High fever
- C. Blockage of coronary arteries
- D. Lung disease

3. Which symptom is most commonly associated with a heart attack?

- A. Ear pain
- B. Chest pain or pressure
- C. Foot swelling only
- D. Sneezing

4. Which artery is commonly involved in a heart attack?

- A. Pulmonary artery
- B. Femoral artery
- C. Coronary artery
- D. Carotid artery

5. What substance commonly forms plaques inside arteries?

- A. Calcium only
- B. Cholesterol and fat
- C. Water
- D. Protein only

6. Which lifestyle habit greatly increases heart attack risk?

- A. Reading books
- B. Smoking
- C. Drinking water
- D. Sleeping regularly

7. Which condition is a major risk factor for heart attack?

- A. Low blood pressure
- B. Asthma
- C. High blood pressure
- D. Nearsightedness

8. What is angina?

- A. A skin disease
- B. Chest pain caused by reduced blood flow to the heart
- C. A lung infection
- D. Kidney pain

9. Which blood test helps detect heart muscle damage?

- A. Glucose test
- B. Troponin test
- C. Hemoglobin test
- D. Calcium test

10. What does an ECG measure?

- A. Kidney function
- B. Brain waves
- C. Electrical activity of the heart
- D. Lung capacity

11. Which age group has a higher risk of heart attack?

- A. Teenagers
- B. Elderly adults
- C. Infants

D. Toddlers

12. Which gender traditionally has a higher risk earlier in life?

A. Women

B. Men

C. Children

D. Both equally in youth

13. What is a "silent" heart attack?

A. A heart attack with no symptoms

B. A heart attack during sleep only

C. A minor stroke

D. A heart murmur

14. Which symptom may occur during a heart attack?

A. Shortness of breath

B. Improved vision

C. Hair growth

D. Tooth whitening

15. Pain from a heart attack may spread to the:

A. Arms and jaw

B. Toes only

C. Knees only

D. Ears only

16. Which emergency medication may help during a suspected heart attack?

A. Antibiotics

B. Aspirin

C. Insulin

D. Vitamin C

17. What should a person do first if they suspect a heart attack?

- A. Drive long distances
- B. Ignore symptoms
- C. Call emergency services
- D. Eat a large meal

18. Which medical procedure opens blocked coronary arteries?

- A. Dialysis
- B. Angioplasty
- C. Appendectomy
- D. Endoscopy

19. What is a stent?

- A. A heart medication
- B. A small mesh tube placed in an artery
- C. A type of surgery
- D. A blood test

20. Which condition increases heart attack risk due to elevated blood sugar?

- A. Diabetes
- B. Migraine
- C. Arthritis
- D. Eczema

21. Which diet is healthiest for heart attack prevention?

- A. High-fat fast-food diet
- B. Mediterranean-style diet
- C. Candy-only diet
- D. Ultra-processed diet

22. Which type of cholesterol is often called "bad" cholesterol?

- A. HDL
- B. LDL

- C. Vitamin D
- D. Triglycerides only

23. Which cholesterol is considered "good" cholesterol?

- A. LDL
- B. HDL
- C. Glucose
- D. Sodium

24. Regular exercise helps by:

- A. Weakening the heart
- B. Improving cardiovascular health
- C. Blocking arteries
- D. Raising harmful cholesterol

25. Obesity increases heart attack risk because it:

- A. Improves circulation
- B. Lowers blood pressure
- C. Strains the heart and increases risk factors
- D. Strengthens arteries

26. What is cardiac arrest?

- A. Stomach pain
- B. Sudden stopping of the heart
- C. Mild headache
- D. Liver failure

27. Can a heart attack lead to cardiac arrest?

- A. No
- B. Rarely
- C. Yes
- D. Only in children

28. What does CPR stand for?

- A. Cardiac Pressure Response
- B. Cardiopulmonary Resuscitation
- C. Coronary Pulse Repair
- D. Cardio Pulse Recovery

29. Which device can restore normal heart rhythm during cardiac arrest?

- A. Thermometer
- B. Defibrillator
- C. Glucometer
- D. Inhaler

30. Stress may contribute to heart attacks by:

- A. Lowering all risks completely
- B. Raising blood pressure and unhealthy behaviors
- C. Strengthening arteries
- D. Preventing clots

31. Which symptom is more common in women during heart attacks?

- A. Jaw pain and nausea
- B. Broken bones
- C. Hair loss
- D. Vision improvement

32. Family history affects heart attack risk because:

- A. Genetics influence heart disease risk
- B. Families share eye color only
- C. It changes blood type
- D. It prevents disease

33. What is hypertension?

- A. Low blood sugar

- B. High blood pressure
- C. Fast heartbeat only
- D. Low cholesterol

34. Which nutrient should be limited to help lower blood pressure?

- A. Sodium
- B. Fiber
- C. Potassium
- D. Water

35. Which beverage can increase heart risk when consumed excessively?

- A. Water
- B. Sugary soft drinks
- C. Herbal tea
- D. Milk in moderation

36. What is a coronary artery bypass graft (CABG)?

- A. A lung procedure
- B. Surgery that reroutes blood around blocked arteries
- C. Kidney treatment
- D. Brain surgery

37. Which heart attack type shows ST elevation on ECG?

- A. STEMI
- B. Asthma
- C. Pneumonia
- D. Migraine

38. What does "NSTEMI" mean?

- A. Non-ST-elevation myocardial infarction
- B. New systolic test evaluation
- C. Normal stress test
- D. Non-serious tissue event

39. Which test uses dye to view coronary arteries?

- A. MRI only
- B. Coronary angiography
- C. Ultrasound only
- D. Blood culture

40. Which organ is damaged during a heart attack?

- A. Liver
- B. Heart muscle
- C. Kidneys
- D. Skin

41. Which habit lowers heart attack risk?

- A. Smoking more
- B. Regular exercise
- C. Excess alcohol use
- D. Avoiding sleep

42. Excess alcohol use may:

- A. Reduce all heart risks
- B. Increase blood pressure
- C. Cure heart disease
- D. Strengthen arteries automatically

43. Which vitamin deficiency is directly responsible for most heart attacks?

- A. Vitamin C
- B. No single vitamin deficiency
- C. Vitamin A
- D. Vitamin K

44. What is a blood clot?

- A. A type of vitamin
- B. A clump of blood cells and proteins
- C. A bone disease
- D. A skin condition

45. Which symptom should never be ignored?

- A. Persistent chest pressure
- B. Mild hiccups
- C. Temporary itching
- D. Sneezing

46. Which population may experience atypical heart attack symptoms?

- A. Women and older adults
- B. Athletes only
- C. Teenagers only
- D. Infants only

47. Which imaging test uses sound waves to assess the heart?

- A. Echocardiogram
- B. Colonoscopy
- C. Mammogram
- D. EEG

48. What is ischemia?

- A. Excess blood flow
- B. Reduced blood supply to tissue
- C. Bone infection
- D. Muscle growth

49. Which emergency number should be called during a heart attack in the U.S.?

- A. 811
- B. 411

- C. 911
- D. 611

50. What role does oxygen play in heart health?

- A. It damages heart cells
- B. It is essential for heart muscle function
- C. It blocks arteries
- D. It lowers circulation

51. Which condition involves narrowed arteries?

- A. Atherosclerosis
- B. Osteoporosis
- C. Bronchitis
- D. Hepatitis

52. What is tachycardia?

- A. Slow heartbeat
- B. Fast heartbeat
- C. Weak bones
- D. Low blood sugar

53. Which medication class lowers cholesterol?

- A. Antibiotics
- B. Statins
- C. Antacids
- D. Steroids only

54. Which fatty acid is generally healthier for the heart?

- A. Trans fat
- B. Saturated fat
- C. Omega-3 fatty acids
- D. Artificial fat

55. Sleep deprivation may:

- A. Improve heart health
- B. Increase heart attack risk
- C. Cure hypertension
- D. Eliminate cholesterol

56. What is bradycardia?

- A. Rapid heartbeat
- B. Slow heartbeat
- C. Strong heartbeat
- D. Irregular breathing

57. Which mineral helps regulate blood pressure?

- A. Potassium
- B. Lead
- C. Mercury
- D. Iron only

58. Which smoking product is harmful to the heart?

- A. Cigarettes
- B. Cigars
- C. Vaping products
- D. All of the above

59. What is the purpose of cardiac rehabilitation?

- A. Cosmetic improvement
- B. Recovery and prevention after heart problems
- C. Dental treatment
- D. Eye therapy

60. Which symptom may accompany chest pain during a heart attack?

- A. Sweating
- B. Improved hearing

- C. Rash only
- D. Hair growth

61. Which blood pressure reading is considered high?

- A. 90/60 mmHg
- B. 120/80 mmHg
- C. 140/90 mmHg
- D. 100/70 mmHg

62. Which type of fat should be avoided most?

- A. Trans fat
- B. Unsaturated fat
- C. Omega-3 fat
- D. Plant oils in moderation

63. Which exercise is beneficial for heart health?

- A. Walking
- B. Swimming
- C. Cycling
- D. All of the above

64. What is dyspnea?

- A. Difficulty breathing
- B. Back pain
- C. Hair loss
- D. Skin dryness

65. Which food is generally heart-healthy?

- A. Fried fast food
- B. Fresh vegetables
- C. Sugary candy
- D. Processed meat only

66. Which factor cannot be changed?

- A. Smoking habit
- B. Diet
- C. Family history
- D. Exercise routine

67. What is hyperlipidemia?

- A. Low blood pressure
- B. High levels of fats in the blood
- C. Lung infection
- D. Muscle injury

68. Which professional specializes in heart diseases?

- A. Dermatologist
- B. Cardiologist
- C. Neurologist
- D. Ophthalmologist

69. Which condition may develop after a severe heart attack?

- A. Heart failure
- B. Improved circulation
- C. Perfect rhythm
- D. Stronger arteries immediately

70. What is ventricular fibrillation?

- A. Normal heartbeat
- B. Dangerous chaotic heart rhythm
- C. Mild cough
- D. Bone disorder

71. Which healthy habit helps reduce stress?

- A. Meditation
- B. Smoking
- C. Sleep deprivation

D. Overeating

72. Which artery blockage is especially dangerous?

- A. Left main coronary artery blockage
- B. Finger artery blockage
- C. Ear artery blockage
- D. Leg vein blockage only

73. Which laboratory value is associated with diabetes monitoring?

- A. Troponin
- B. Hemoglobin A1c
- C. Calcium only
- D. Bilirubin

74. What is plaque rupture?

- A. Healing of arteries
- B. Breaking open of arterial plaque
- C. Bone fracture
- D. Muscle spasm

75. Which nutrient helps lower cholesterol?

- A. Fiber
- B. Excess sugar
- C. Trans fat
- D. Sodium

76. What is the purpose of nitroglycerin?

- A. To widen blood vessels and relieve chest pain
- B. To cure infections
- C. To strengthen bones
- D. To treat allergies

77. Which condition often accompanies obesity?

- A. Improved heart function
- B. Metabolic syndrome
- C. Perfect circulation
- D. Low cholesterol always

78. Which emotional state may trigger heart problems?

- A. Extreme anger
- B. Calmness
- C. Relaxation
- D. Happiness alone

79. Which condition reduces oxygen supply due to low red blood cells?

- A. Anemia
- B. Asthma
- C. Arthritis
- D. Eczema

80. Which test evaluates exercise-related heart function?

- A. Stress test
- B. Vision test
- C. Hearing test
- D. Skin biopsy

81. What is a healthy way to reduce heart attack risk?

- A. Avoid all activity
- B. Maintain healthy body weight
- C. Smoke occasionally
- D. Eat excess salt

82. Which food contains healthy unsaturated fats?

- A. Avocados
- B. Fried chips
- C. Processed pastries

D. Candy bars

83. Which chronic disease damages blood vessels over time?

- A. Diabetes
- B. Common cold
- C. Seasonal allergy
- D. Tooth decay

84. Which hormone rises during stress?

- A. Adrenaline
- B. Insulin only
- C. Melatonin only
- D. Thyroxine only

85. What is arrhythmia?

- A. Irregular heartbeat
- B. Broken bone
- C. Skin disease
- D. Lung infection

86. Which artery supplies blood directly to the heart muscle?

- A. Coronary artery
- B. Pulmonary vein
- C. Jugular vein
- D. Renal artery

87. Which factor may increase clot formation?

- A. Smoking
- B. Regular exercise
- C. Balanced diet
- D. Adequate sleep

88. Which imaging scan can evaluate heart structure in detail?

- A. Cardiac MRI
- B. Dental X-ray
- C. Eye scan
- D. Bone scan only

89. Which pulse characteristic may occur during shock from a heart attack?

- A. Weak and rapid pulse
- B. Extremely strong slow pulse only
- C. No pulse changes ever
- D. Cold ears only

90. Which action is recommended after recovery from a heart attack?

- A. Ignore medications
- B. Follow medical advice and lifestyle changes
- C. Resume smoking immediately
- D. Avoid all follow-up visits

91. Which sleep disorder is linked to heart disease?

- A. Sleep apnea
- B. Hiccups
- C. Motion sickness
- D. Ear infection

92. What is the function of platelets?

- A. Carry oxygen
- B. Help blood clot
- C. Digest food
- D. Fight all infections only

93. Which medication may prevent blood clots after a heart attack?

- A. Antiplatelet drugs
- B. Antibiotics

- C. Pain creams
- D. Antihistamines

94. Which factor is associated with higher heart disease risk?

- A. Sedentary lifestyle
- B. Balanced diet
- C. Regular exercise
- D. Stress management

95. Which sign may indicate poor circulation?

- A. Chest discomfort during exertion
- B. Improved stamina
- C. Better flexibility only
- D. Increased appetite

96. What is one benefit of quitting smoking?

- A. Reduced heart attack risk
- B. Increased plaque buildup
- C. Reduced oxygen levels
- D. Higher clot risk

97. Which body system is primarily affected during a heart attack?

- A. Digestive system
- B. Cardiovascular system
- C. Skeletal system
- D. Urinary system

98. Which action can improve cholesterol levels?

- A. Eating more trans fats
- B. Regular exercise and healthy diet
- C. Smoking daily
- D. Avoiding vegetables

99. Which condition involves chest pain due to reduced heart blood flow without complete blockage?

- A. Stable angina
- B. Pneumonia
- C. Kidney stones
- D. Appendicitis

100. What is the best overall strategy to prevent heart attacks?

- A. Ignore symptoms
- B. Maintain a healthy lifestyle and regular medical care
- C. Avoid exercise completely
- D. Eat unlimited processed foods