

Heart Attack Quiz: 100 Multiple-Choice Questions with Answers

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

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

Answer: B. Myocardial infarction

Explanation: A heart attack is medically known as a myocardial infarction (MI). It occurs when blood flow to part of the heart muscle is blocked, causing damage to the heart tissue.

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

Answer: C. Blockage of coronary arteries

Explanation: Most heart attacks occur because of plaque buildup in the coronary arteries, which reduces or blocks blood flow to the heart muscle.

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

Answer: B. Chest pain or pressure

Explanation: Chest pain, tightness, or pressure is the hallmark symptom of a heart attack and often feels like squeezing or heaviness.

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

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

Answer: C. Coronary artery

Explanation: Coronary arteries supply oxygen-rich blood to the heart muscle. A blockage in these arteries can cause a heart attack.

5. What substance commonly forms plaques inside arteries?

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

Answer: B. Cholesterol and fat

Explanation: Plaques are made up of cholesterol, fat, calcium, and other substances that accumulate in artery walls.

6. Which lifestyle habit greatly increases heart attack risk?

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

Answer: B. Smoking

Explanation: Smoking damages blood vessels, increases blood pressure, and reduces oxygen supply, significantly raising heart attack risk.

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

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

Answer: C. High blood pressure

Explanation: High blood pressure damages artery walls over time, making plaque buildup and heart attacks more likely.

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

Answer: B. Chest pain caused by reduced blood flow to the heart

Explanation: Angina is chest discomfort that occurs when the heart muscle does not get enough oxygen-rich blood.

9. Which blood test helps detect heart muscle damage?

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

Answer: B. Troponin test

Explanation: Troponin levels rise when heart muscle cells are damaged during a heart attack.

10. What does an ECG measure?

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

Answer: C. Electrical activity of the heart

Explanation: An electrocardiogram (ECG) records the heart's electrical signals and helps detect heart attack patterns.

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

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

Answer: B. Elderly adults

Explanation: Heart attack risk increases with age due to gradual plaque buildup and vessel changes.

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

- A. Women
- B. Men
- C. Children
- D. Both equally in youth

Answer: B. Men

Explanation: Men tend to develop heart disease earlier than women, although women's risk rises after menopause.

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

Answer: A. A heart attack with no symptoms

Explanation: Silent heart attacks occur with mild or unnoticed symptoms but still damage the heart.

14. Which symptom may occur during a heart attack?

- A. Shortness of breath
- B. Improved vision
- C. Hair growth
- D. Tooth whitening

Answer: A. Shortness of breath

Explanation: Reduced heart function during a heart attack can cause breathing difficulties.

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

- A. Arms and jaw
- B. Toes only
- C. Knees only
- D. Ears only

Answer: A. Arms and jaw

Explanation: Heart attack pain commonly radiates to the left arm, neck, jaw, shoulders, or back.

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

- A. Antibiotics
- B. Aspirin

- C. Insulin
- D. Vitamin C

Answer: B. Aspirin

Explanation: Aspirin helps reduce blood clotting and may limit heart damage if taken early.

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

Answer: C. Call emergency services

Explanation: Immediate medical help improves survival and reduces heart damage.

18. Which medical procedure opens blocked coronary arteries?

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

Answer: B. Angioplasty

Explanation: Angioplasty uses a balloon and often a stent to restore blood flow in blocked arteries.

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

Answer: B. A small mesh tube placed in an artery

Explanation: Stents help keep arteries open after angioplasty.

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

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

Answer: A. Diabetes

Explanation: Diabetes damages blood vessels and accelerates plaque buildup.

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

Answer: B. Mediterranean-style diet

Explanation: Diets rich in vegetables, fruits, fish, whole grains, and healthy fats support heart health.

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

- A. HDL
- B. LDL
- C. Vitamin D
- D. Triglycerides only

Answer: B. LDL

Explanation: High LDL cholesterol contributes to plaque formation in arteries.

23. Which cholesterol is considered "good" cholesterol?

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

Answer: B. HDL

Explanation: HDL helps remove excess cholesterol from the bloodstream.

24. Regular exercise helps by:

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

Answer: B. Improving cardiovascular health

Explanation: Physical activity strengthens the heart and improves circulation.

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

Answer: C. Strains the heart and increases risk factors

Explanation: Obesity is linked to diabetes, high blood pressure, and high cholesterol.

26. What is cardiac arrest?

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

Answer: B. Sudden stopping of the heart

Explanation: Cardiac arrest occurs when the heart suddenly stops beating effectively.

27. Can a heart attack lead to cardiac arrest?

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

Answer: C. Yes

Explanation: Severe heart attacks can disrupt the heart's electrical system and trigger cardiac arrest.

28. What does CPR stand for?

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

Answer: B. Cardiopulmonary Resuscitation

Explanation: CPR helps maintain blood flow and oxygen delivery during cardiac arrest.

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

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

Answer: B. Defibrillator

Explanation: A defibrillator delivers an electric shock to restore a normal rhythm.

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

Answer: B. Raising blood pressure and unhealthy behaviors

Explanation: Chronic stress can increase blood pressure and lead to harmful habits like smoking or overeating.

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

Answer: A. Jaw pain and nausea

Explanation: Women may experience atypical symptoms such as nausea, fatigue, and jaw pain.

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

Answer: A. Genetics influence heart disease risk

Explanation: Genetic factors can affect cholesterol levels, blood pressure, and artery health.

33. What is hypertension?

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

Answer: B. High blood pressure

Explanation: Hypertension is persistently elevated blood pressure and a major heart attack risk factor.

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

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

Answer: A. Sodium

Explanation: Excess sodium can increase blood pressure and strain the heart.

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

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

Answer: B. Sugary soft drinks

Explanation: Excess sugar intake contributes to obesity and diabetes.

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

Answer: B. Surgery that reroutes blood around blocked arteries

Explanation: CABG improves blood flow to the heart by bypassing blocked coronary arteries.

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

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

Answer: A. STEMI

Explanation: STEMI is a severe heart attack caused by complete coronary artery blockage.

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

Answer: A. Non-ST-elevation myocardial infarction

Explanation: NSTEMI is a heart attack without ST elevation but still causes heart damage.

39. Which test uses dye to view coronary arteries?

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

Answer: B. Coronary angiography

Explanation: Angiography shows blockages in coronary arteries using contrast dye and X-rays.

40. Which organ is damaged during a heart attack?

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

Answer: B. Heart muscle

Explanation: Reduced blood flow deprives heart muscle tissue of oxygen.

41. Which habit lowers heart attack risk?

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

Answer: B. Regular exercise

Explanation: Exercise improves blood circulation and cardiovascular fitness.

42. Excess alcohol use may:

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

Answer: B. Increase blood pressure

Explanation: Heavy alcohol consumption can damage the heart and raise blood pressure.

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

Answer: B. No single vitamin deficiency

Explanation: Heart attacks are mainly related to artery disease, not one vitamin deficiency.

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

Answer: B. A clump of blood cells and proteins

Explanation: Blood clots can block arteries and trigger heart attacks.

45. Which symptom should never be ignored?

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

Answer: A. Persistent chest pressure

Explanation: Ongoing chest discomfort may indicate a heart attack and requires urgent care.

46. Which population may experience atypical heart attack symptoms?

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

Answer: A. Women and older adults

Explanation: Symptoms can be less typical, making diagnosis harder.

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

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

Answer: A. Echocardiogram

Explanation: An echocardiogram uses ultrasound waves to visualize heart structure and function.

48. What is ischemia?

- A. Excess blood flow
- B. Reduced blood supply to tissue

- C. Bone infection
- D. Muscle growth

Answer: B. Reduced blood supply to tissue

Explanation: Ischemia deprives tissues of oxygen and can lead to heart damage.

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

- A. 811
- B. 411
- C. 911
- D. 611

Answer: C. 911

Explanation: Immediate emergency assistance is critical during a suspected heart attack.

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

Answer: B. It is essential for heart muscle function

Explanation: Heart muscle requires oxygen to produce energy and function properly.

51. Which condition involves narrowed arteries?

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

Answer: A. Atherosclerosis

Explanation: Atherosclerosis is plaque buildup inside artery walls.

52. What is tachycardia?

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

Answer: B. Fast heartbeat

Explanation: Tachycardia refers to an abnormally rapid heart rate.

53. Which medication class lowers cholesterol?

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

Answer: B. Statins

Explanation: Statins reduce LDL cholesterol and help prevent plaque buildup.

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

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

Answer: C. Omega-3 fatty acids

Explanation: Omega-3 fats may reduce inflammation and support cardiovascular health.

55. Sleep deprivation may:

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

Answer: B. Increase heart attack risk

Explanation: Poor sleep is linked to hypertension, obesity, and heart disease.

56. What is bradycardia?

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

Answer: B. Slow heartbeat

Explanation: Bradycardia refers to an abnormally slow heart rate.

57. Which mineral helps regulate blood pressure?

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

Answer: A. Potassium

Explanation: Potassium helps balance sodium and supports healthy blood pressure.

58. Which smoking product is harmful to the heart?

- A. Cigarettes

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

Answer: D. All of the above

Explanation: Tobacco and nicotine products can damage blood vessels and increase heart risk.

59. What is the purpose of cardiac rehabilitation?

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

Answer: B. Recovery and prevention after heart problems

Explanation: Cardiac rehab includes exercise, education, and lifestyle counseling.

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

- A. Sweating
- B. Improved hearing
- C. Rash only
- D. Hair growth

Answer: A. Sweating

Explanation: Cold sweats are common during heart attacks due to stress on the body.

61. Which blood pressure reading is considered high?

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

D. 100/70 mmHg

Answer: C. 140/90 mmHg

Explanation: A blood pressure of 140/90 mmHg or higher is generally considered hypertension.

62. Which type of fat should be avoided most?

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

Answer: A. Trans fat

Explanation: Trans fats increase LDL cholesterol and cardiovascular risk.

63. Which exercise is beneficial for heart health?

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

Answer: D. All of the above

Explanation: Aerobic exercises improve circulation and strengthen the heart.

64. What is dyspnea?

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

Answer: A. Difficulty breathing

Explanation: Dyspnea commonly occurs during heart attacks and heart failure.

65. Which food is generally heart-healthy?

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

Answer: B. Fresh vegetables

Explanation: Vegetables contain fiber, vitamins, and antioxidants beneficial for heart health.

66. Which factor cannot be changed?

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

Answer: C. Family history

Explanation: Genetics cannot be altered, but lifestyle changes can reduce overall risk.

67. What is hyperlipidemia?

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

Answer: B. High levels of fats in the blood

Explanation: Elevated cholesterol and triglycerides increase heart disease risk.

68. Which professional specializes in heart diseases?

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

Answer: B. Cardiologist

Explanation: Cardiologists diagnose and treat heart-related conditions.

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

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

Answer: A. Heart failure

Explanation: Damaged heart muscle may weaken the heart's pumping ability.

70. What is ventricular fibrillation?

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

Answer: B. Dangerous chaotic heart rhythm

Explanation: Ventricular fibrillation can stop effective blood circulation and cause sudden death.

71. Which healthy habit helps reduce stress?

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

Answer: A. Meditation

Explanation: Relaxation techniques can lower stress and improve heart health.

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

Answer: A. Left main coronary artery blockage

Explanation: The left main coronary artery supplies a large portion of the heart.

73. Which laboratory value is associated with diabetes monitoring?

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

Answer: B. Hemoglobin A1c

Explanation: Hemoglobin A1c reflects long-term blood sugar control.

74. What is plaque rupture?

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

Answer: B. Breaking open of arterial plaque

Explanation: Plaque rupture can trigger clot formation and block blood flow.

75. Which nutrient helps lower cholesterol?

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

Answer: A. Fiber

Explanation: Dietary fiber helps reduce LDL cholesterol levels.

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

Answer: A. To widen blood vessels and relieve chest pain

Explanation: Nitroglycerin improves blood flow and reduces chest discomfort.

77. Which condition often accompanies obesity?

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

Answer: B. Metabolic syndrome

Explanation: Metabolic syndrome includes obesity, hypertension, and abnormal cholesterol.

78. Which emotional state may trigger heart problems?

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

Answer: A. Extreme anger

Explanation: Sudden intense stress may temporarily increase heart attack risk.

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

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

Answer: A. Anemia

Explanation: Anemia reduces oxygen delivery and can strain the heart.

80. Which test evaluates exercise-related heart function?

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

Answer: A. Stress test

Explanation: Stress tests assess how the heart responds to physical activity.

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

Answer: B. Maintain healthy body weight

Explanation: Healthy weight lowers strain on the heart and reduces risk factors.

82. Which food contains healthy unsaturated fats?

- A. Avocados
- B. Fried chips
- C. Processed pastries
- D. Candy bars

Answer: A. Avocados

Explanation: Avocados contain monounsaturated fats that support heart health.

83. Which chronic disease damages blood vessels over time?

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

Answer: A. Diabetes

Explanation: High blood sugar damages artery walls and accelerates atherosclerosis.

84. Which hormone rises during stress?

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

Answer: A. Adrenaline

Explanation: Adrenaline increases heart rate and blood pressure during stress.

85. What is arrhythmia?

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

Answer: A. Irregular heartbeat

Explanation: Arrhythmias involve abnormal heart rhythms and may occur after heart attacks.

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

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

Answer: A. Coronary artery

Explanation: Coronary arteries nourish the heart muscle with oxygen-rich blood.

87. Which factor may increase clot formation?

- A. Smoking
- B. Regular exercise
- C. Balanced diet

D. Adequate sleep

Answer: A. Smoking

Explanation: Smoking promotes clot formation and damages blood vessels.

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

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

Answer: A. Cardiac MRI

Explanation: Cardiac MRI provides detailed images of the heart and surrounding tissues.

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

Answer: A. Weak and rapid pulse

Explanation: Shock reduces effective circulation, causing a weak, fast pulse.

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

Answer: B. Follow medical advice and lifestyle changes

Explanation: Ongoing treatment and healthy habits reduce future heart attack risk.

91. Which sleep disorder is linked to heart disease?

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

Answer: A. Sleep apnea

Explanation: Sleep apnea strains the cardiovascular system and raises heart risks.

92. What is the function of platelets?

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

Answer: B. Help blood clot

Explanation: Platelets are essential for clot formation, which can block arteries.

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

- A. Antiplatelet drugs
- B. Antibiotics
- C. Pain creams
- D. Antihistamines

Answer: A. Antiplatelet drugs

Explanation: Antiplatelet medicines reduce the chance of clot formation.

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

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

Answer: A. Sedentary lifestyle

Explanation: Lack of physical activity contributes to obesity and cardiovascular disease.

95. Which sign may indicate poor circulation?

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

Answer: A. Chest discomfort during exertion

Explanation: Reduced blood flow to the heart during activity can cause angina.

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

Answer: A. Reduced heart attack risk

Explanation: Quitting smoking improves circulation and lowers cardiovascular risk.

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

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

Answer: B. Cardiovascular system

Explanation: Heart attacks directly affect the heart and blood vessels.

98. Which action can improve cholesterol levels?

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

Answer: B. Regular exercise and healthy diet

Explanation: Lifestyle improvements help lower LDL and raise HDL cholesterol.

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

Answer: A. Stable angina

Explanation: Stable angina occurs when the heart temporarily receives less oxygen during exertion.

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

Answer: B. Maintain a healthy lifestyle and regular medical care

Explanation: Healthy eating, exercise, stress management, avoiding smoking, and regular checkups significantly reduce heart attack risk.