

Activity 6 page 62-63

Do further research and complete the following about these two health issues:

Heart attacks

How do heart attacks occur?

- **Blood flow to the heart is cut off when the artery that supplies the heart muscle is blocked by a blood clot.**
- **The blood clot is caused by built-up fat, cholesterol or other substances in the artery.**
- **The interrupted blood flow to the heart can damage or destroy a part of the heart muscle.**

How can heart attacks be prevented?

The best way to prevent heart attacks is to follow a healthy lifestyle.

- **Do not smoke.**
- **Eat a balanced and healthy diet.**
- **Exercise regularly; sleep enough.**
- **Do not drink too much alcohol.**
- **Keep your cholesterol and blood pressure levels healthy.**
- **Learn how to manage your stress levels.**

Strokes

How do strokes occur?

- **A stroke occurs when blood flow to an area of the brain is cut off.**
- **This happens when the arteries feeding the brain are blocked or narrowed, for example by fatty deposits.**
- **When this happens, brain cells are deprived of oxygen and begin to die.**

How can strokes be prevented?

- **A healthy lifestyle, in general, will help you to prevent a stroke.**
- **For example, control high blood pressure; lower the amount of cholesterol or fats in your diet; do not smoke; maintain a healthy body weight; eat a lot of vegetables and fruits; exercise regularly; etc.**