

Lifestyle Diseases

1. What are lifestyle diseases?

2. What are uncontrollable factors leading to lifestyle diseases? List all 4 of them.
 - a.
 - b.
 - c.
 - d.

3. What are controllable factors leading to lifestyle diseases? List some examples.

4. What are cardiovascular diseases (CVD)?

5. What are the 4 most common cardiovascular diseases? Describe each briefly:
 - a.
 - b.
 - c.
 - d.

6. How are cardiovascular diseases detected?
 - a.
 - b.
 - c.
 - d.

7. What are some things you can do to prevent cardiovascular disease?

8. Can you treat CVD's? If so, how?