



Health III

Ch. 16, Lesson 3. Cardiovascular Disorders

Name: _____

Group: _____

Date: _____

Read the following passage and answer the exercises below.

Cardiovascular Disorders

The heart and circulatory system can be affected by several diseases. Coronary heart disease happens when the arteries that supply blood to the heart become blocked, often due to fat buildup. Congenital heart disorders are heart problems present from birth, such as a hole in the heart or poorly formed valves. Rheumatic heart disease can occur after a person has rheumatic fever, which damages the heart valves.

Hypertension, or high blood pressure, puts extra stress on the heart and blood vessels. If not treated, it can lead to a stroke, which happens when the blood supply to the brain is cut off. Strokes can cause weakness, confusion, or even death.

Anemia is a condition where there aren't enough healthy red blood cells to carry oxygen in the body. This can make a person feel tired or weak. A special type of anemia is sickle-cell disease, which is genetic and causes red blood cells to become curved and block blood flow.

Multiple Choice (Choose the correct answer)

1. What causes coronary heart disease?

- a) A virus attacking the heart
- b) Fat buildup in the arteries
- c) Lack of exercise
- d) A birth defect

2. Which disease is present from birth?

- a) Anemia
- b) Hypertension
- c) Congenital heart disorder
- d) Rheumatic heart disease

3. What can untreated high blood pressure lead to?

- a) Stroke
- b) Sickle-cell disease
- c) Anemia
- d) Congenital disorder

4. Which disease is related to a past illness like rheumatic fever?

- a) Coronary heart disease
- b) Rheumatic heart disease
- c) Stroke
- d) Sickle-cell disease

True or False

- 5. Sickle-cell disease is caused by poor diet. _____
- 6. Anemia means there are not enough healthy red blood cells. _____
- 7. A stroke only affects the heart. _____
- 8. Congenital heart disorders can involve holes in the heart. _____

Matching (Match the condition to its description)

- | | |
|-----------------------------------|---|
| A. Coronary heart disease | 1. Red blood cells are curved and block blood flow |
| B. Sickle-cell disease | 2. A problem with the heart that someone is born with |
| C. Congenital heart defect | 3. Caused by fat in the arteries of the heart |
| D. Anemia | 4. Not enough red blood cells to carry oxygen |

Short Answer Questions

9. What are two symptoms someone with anemia might feel?

10. How does rheumatic fever affect the heart?

11. What happens during a stroke?

12. Name one way to prevent coronary heart disease.