



# Wellness Buddy Wednesday Tip

## The Heart Truth

How much do you know about your heart?

### Heart Trivia 101

1. What is a major risk factor for heart disease?
2. What is the first thing you should do if someone is having a heart attack/stroke?
3. True or False? 1.2 million Americans have heart attacks every year and over 400,000 of them will never make it to the hospital.
4. True or False? The average heart beats 2,000 times per minute and pumps about 100 gallons of blood daily.
5. If a person is complaining of nausea, dizziness, a shortness of breath, palpitations, unusual sweating and classic pain in the chest, what is happening?
6. What is the main function of the heart?
7. Where does the heart send blood first.
8. What is the main difference between a heart attack and stroke?
9. How much does the average size heart weigh?
10. Name 2 things that you can do to protect your heart and lower your risk of having a heart attack or stroke.
11. BONUS QUESTION: What determines who is at a higher risk for heart disease?

Answers on page 2

## Answers to Heart Trivia 101

1. Smoking, obesity, cholesterol, diabetes, stress, etc.
2. Call 911.
3. True.
4. False. The heart beats 100,000 times and pumps 2,000 gallons of blood daily.
5. Heart attack.
6. To supply blood to the body.
7. Lungs.
8. A heart attack occurs in the heart and a stroke occurs in the brain.
9. 1.5 or 2 lbs.
10. Exercise, get regular check-ups, monitor weight, blood pressure and cholesterol, and quit smoking or don't start.
11. Genetics/Family history.

**February is National Heart Month**

**Have a healthy and safe day!**

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