The Heart and Blood Vessels

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Multiple choice questions

1. Excessive consumption of which of the following is associated with an increased risk of cardiovascular disease?

(a) Saturated fat.
(b) Trans-fatty acids.
(c) n-3 fatty acids.
(d) Nuts.
(e) Mediterranean diet.

2. With regards to lipid structure,

(a) Lipids are hydrocarbon -ased.
(b) Polunsaturated fats contain a single double bond.
(c) n-3 and n-6 fatty acids differ in the position of the double bond.
(d) Hydrogenation concerns the conversion of liquid oils to semi-solid.
(e) Lipids are soluble in water.
3. Secondary causes of hyperlipidaemia include
(a) Diabetes.
(b) Obesity.
(c) Pregnancy.
(d) Alcohol excess.
(e) Pregnancy.

4. Pharmacological therapy involved in the treatment of hyperlipidaemia includes
(a) Statins.
(b) Vitamin B supplementation.
(c) Fibrates.
(d) Vitamin C supplementation.
(e) Cholestyramine.

5. There is evidence that which of the following foods may be beneficial in reducing the risk of cardiovascular disease?
(a) Refined carbohydrates.
(b) Dark chocolate.
(c) Oily fish.
(d) Green tea.
(e) Peanuts.

6. With regards to diet and hypertension,
(a) The DASH diet is associated with a reduction in blood pressure.
(b) There is a strong association between sodium intake and blood pressure.
(c) Weight loss is usually effective in reducing blood pressure.
(d) Total avoidance of sodium is suggested in hypertensive patients.
(e) The DASH diet is high in sugar-sweetened food and drink.

7. Concerning diet and chronic heart failure,

(a) Increase of dietary sodium may be recommended.
(b) Thiamine deficiency can cause heart failure.
(c) Weight loss can be caused by heart failure.
(d) Heart failure may be associated with micronutrient deficiency.
(e) Calcium supplementation is associated with reduced cardiovascular mortality.