



CHECK YOUR LEARNING

Suggested Answers

1. Sample answer: Diseases of the circulatory system include coronary artery disease, which is caused by the buildup of plaque around the inside of coronary arteries and/or clots that obstruct coronary arteries. This can progress to a heart attack. The same process in the blood vessels of the brain, along with high blood pressure, can cause strokes.
2. Because the circulatory system interacts with every other organ system, a disease of the blood vessels can affect virtually any part of the body. The same process that obstructs blood vessels of the heart, for instance, can block blood vessels of the kidney or intestines.
3. Students' posters should include at least four of the following: not smoking, getting regular exercise, maintaining a healthy weight, eating fruits and vegetables, eating less salt, consuming alcohol in moderation or not at all, and getting regular checkups.
4. An angiogram differs from a regular X-ray image in that it requires a contrast medium—a dye that blocks X-rays.
5. Sample answer: Yes, I have made lifestyle choices that are not good for my cardiovascular system. I add salt to many foods that I eat. I was unaware that too much salt could cause circulatory system problems.