1. What is arteriosclerosis?
a. A condition where veins become wider
b. Hardening and narrowing of the arterial wall
c. An increase in the size of arteries
d. An increase in blood flow throughout the body

2. Which of the following is a pattern of arteriosclerosis?
a. Atheriolosclerosis
b. Atherosclerosis
c. Monckeberg medial sclerosis
d. al of the above

3. What is a characteristic of atheromas?
a. Low cholesterol content
b. Soft yellow core of lipid
c. Presence in veins
d. Blue fibrous cap

4. Which cholesterol type is considered "good cholesterol"?
a. LDL cholesterol
b. Cholesterol esters
c. VLDL cholesterol
d. HDL cholesterol

5. What effect does HDL cholesterol have on atherosclerosis risk?
a. Increases the risk
b. Reduces the risk
c. No impact on the risk
d. Causes arterial plaque

6. How does smoking affect HDL levels?
a. Raises HDL levels
b. Lowers HDL levels
c. No impact on HDL levels
d. Transforms HDL cholesterol

7. What risk does hypertension pose in relation to Ischemic Heart Disease?
a. No impact
b. Decreases the risk
c. Increases the risk
d. Eliminates the risk

8. How does cigarette smoking affect the death rate from IHD?
a. Decreases it
b. Increases it by 200%
c. Has no effect
d. Reduces it

9. Which factor does diabetes mellitus induce that increases predisposition to atherosclerosis?
a. Low cholesterol levels
b. High LDL levels
c. Hypercholesterolemia
d. Hypertension

10. What may elevated homocysteine levels indicate?
a. Decreased risk of heart disease
b. Decreased risk of dementia
c. Vitamin deficiency
d. Increased lung capacity

11. What do vitamins B12, B6, and folate do in relation to homocysteine?
a. Increase homocysteine levels
b. Break down homocysteine
c. Promote atherosclerosis
d. Create thrombosis

12. What are lipoprotein(A) levels similar to?
a. HDL cholesterol
b. LDL cholesterol
c. VLDL cholesterol
d. Chylomicrons

13. What are strong predictors of IHD and stroke risk?
a. Lack of exercise
b. Hemostatic &/or fibrinolytic function markers
c. Vitamin C levels
d. Competitive lifestyle

14. Which is a nontraditional factor contributing to IHD risk?
a. Inflammation
b. Healthy diet
c. Regular check-ups
d. Daily exercise

15. What is a function of CRP levels in inflammation?
a. Promote atherosclerosis
b. Induce thrombosis
c. Break down cholesterol
d. Reduce inflammation

16. What do elevated homocysteine levels increase the risks for?
a. Dementia
b. Heart disease
c. Diabetes
d. Hypertension

17. What does Hemostatic &/or fibrinolytic function predict the risk of?
a. Cancer
b. Stroke
c. Hypertension
d. Diabetes

18. Which lifestyle factor is considered a risk for IHD?
a. Healthy diet
b. Lack of exercise
c. Stress-free lifestyle
d. Regular medical check-ups

19. What is the impact of obesity and smoking on HDL levels?
a. Raises HDL levels
b. Lowers HDL levels
c. Has no impact
d. Transforms HDL cholesterol

20. What is one benefit of estrogen on heart health?
a. Increases 'bad' cholesterol levels
b. Causes clogging of arteries
c. Reduces levels of 'bad' cholesterol
d. Raises the risk of heart attack

21. What is the primary form of estrogen after menopause?
a. Estradiol (E2)
b. Estrone (E1)
c. Estriol (E3)
d. Estrogenase

22. What genetic disorder is characterized by elevated cholesterol and triglyceride levels?
a. Marfan syndrome
b. Familial combined hyperlipidemia
c. Cystic fibrosis
d. Duchenne muscular dystrophy

23. Which gene mutations can lead to Familial hypercholesterolemia?
a. LPL and BDKRB2
b. LDLR, APOB, and PCSK9
c. COL1A1 and FBN1
d. FGFR3 and GNAS

24. What does Familial hypercholesterolemia cause at a younger age?
a. Liver failure
b. Arthritis
c. Heart disease
d. Lung cancer

25. What can occur before age 20 with severe Familial hypercholesterolemia?
a. Stroke
b. Diabetes
c. Death
d. Hypertension

26. Where can cholesterol accumulate in the body due to familial hypercholesterolemia?
a. Spleen
b. Kidneys
c. Achilles tendon
d. Lungs

27. What might be a symptom of familial hypercholesterolemia around the eyelids?
a. Xanthomas
b. Hemangiomas
c. Keloids
d. Seborrheic keratosis

28. How is familial hypercholesterolemia inherited?
a. Autosomal dominant
b. X-linked recessive
c. Autosomal recessive
d. Y-linked

29. What is a complication of familial hypercholesterolemia related to the arteries?
a. Gastroesophageal reflux disease
b. Aortic aneurysm
c. Rheumatoid arthritis
d. Chronic obstructive pulmonary disease

1b. Hardening and narrowing of the arterial wall
2d. all of the above
3b. Soft yellow core of lipid
4d. HDL cholesterol
5b. Reduces the risk
6b. Lowers HDL levels
7c. Increases the risk
8b. Increases it by 200%
9c. Hypercholesterolemia
10c. Vitamin deficiency
11b. Break down homocysteine
12b. LDL cholesterol
13b. Hemostatic &/or fibrinolytic function markers
14a. Inflammation
15a. Promote atherosclerosis
16b. Heart disease
17b. Stroke
18b. Lack of exercise
19b. Lowers HDL levels
20c - Reduces levels of 'bad' cholesterol
21b - Estrone (E1)
22b - Familial combined hyperlipidemia
23b - LDLR, APOB, and PCSK9
24c - Heart disease
25c - Death
26c - Achilles tendon
27a - Xanthomas
28a - Autosomal dominant
29b - Aortic aneurysm