2. Lifestyle Changes
   a. What activities are hazardous to heart health and what are some solutions? (Example: handle stress with stress management, not overeating.)
   b. What are the benefits of exercise concerning heart health?

3. Aspirin
   a. How can aspirin help in preventing heart disease?

4. Draw a diagram of the changes in blood enzyme and troponin levels that occur before, during and after a heart attack.

5. Create a pamphlet that the doctor could give to Denise about altering her lifestyle. It should include information on smoking, cholesterol, blood pressure, obesity, diabetes, physical activity, diet, and stress.

References


