

*Module 1, Lesson 1 Quiz:*  
**THE NUMBER ONE KILLER**

1. What is the number one killer in the United States?
  - a. Obesity
  - b. Malnutrition
  - c. Diabetes
  - d. **Heart Disease**
  
2. All of these are common symptoms of heart attack, except:
  - a. Pain in the jaw, neck or throat
  - b. Fluttering in the chest
  - c. **Heat in the arms or legs**
  - d. Coldness in the arms or legs
  
3. Lifestyle modifications are beneficial in the prevention and treatment of strokes.
  - a. **True**
  - b. False
  
4. In your client's initial intake, he complains of a fluttering feeling in his chest that comes and goes at night that sometimes prevents him from sleeping. He has no pain but his biological father did have a heart attack at age 70. What should you do?
  - a. Call 911 immediately
  - b. Tell him to follow a low fat, low carb diet
  - c. **Recommend he make an appointment with his physician to see if he needs a cardiac workup**
  - d. Recommend he do nothing, it sounds like it could be anxiety