

# **Chapter Twelve:**

## **Reducing Your Risk of Cardiovascular Disease, Cancer and Diabetes**

### **Quiz Clues**

- ✓ Be able to name two types cancer
- ✓ Be able to list two of 7 warning signs of cancer
- ✓ Be able to name two warning signs of a heart attack
- ✓ Know what is the most common carcinoma inflicting young men and women that is easily detectable
- ✓ Know what are two preventable causes of Type II Diabetes
- ✓ Know what is the strongest involuntary muscle in our body
- ✓ Know two of the eight common forms of CVD
- ✓ Know two lifestyle contributors to cancer
- ✓ Know two methods of treating cancer