Chapter Twelve:
Reducing Your Risk of Cardiovascular Disease, Cancer and Diabetes

Quiz Clues

✔ Be able to name two types of cancer

✔ Be able to list two of seven 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