Study Guide – Cardiometabolic Health

**Vocabulary**

<table>
<thead>
<tr>
<th>Atherosclerosis</th>
<th>Hemorrhagic stroke</th>
<th>Metabolic syndrome</th>
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</thead>
<tbody>
<tr>
<td>Cardiometabolic</td>
<td>Hypertension</td>
<td>Peripheral arterial disease</td>
</tr>
<tr>
<td>Cardiomyopathy</td>
<td>Insulin</td>
<td>Plaque</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Ischemic stroke</td>
<td>Stroke</td>
</tr>
<tr>
<td>Diabetes mellitus</td>
<td>Lipoprotein</td>
<td>Triglycerides</td>
</tr>
<tr>
<td>HDL</td>
<td>LDL</td>
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**Important Concepts**

Be able to list risk factors for cardiometabolic health – those you can control and those you cannot.

Understand how the above risk factors are applicable to cardiometabolic health.

Which controllable risk factor is the most significant for cardiometabolic conditions?

Understand the role of insulin in the body.

Know the difference between prediabetes, type 1 diabetes, and type 2 diabetes.

How can you lower your risk of developing diabetes?

What effects can high blood pressure have on the body?

What are things you can do to lower your blood pressure?

Understand the differences between HDLs, LDLs, and triglycerides.

What can you do to lower your cholesterol?

What disorders make up metabolic syndrome?

Be familiar with different types of cardiovascular disease.

What is the #1 killer of people in the US?

Be able to describe how atherosclerosis develops.

Besides diet and exercise, what are risk factors for heart disease?

Be able to list ways to unclog your arteries.