Lecture 9: Active Learning Questions

1. What are the two phases of the cardiac cycle? What happens during each phase? During which phase does the most myocardial or heart blood flow occur?

2. What are cardiovascular diseases (CVDs)? What is a TIA? What might a TIA lead to?

3. What is angioplasty? What is CABG? What is the treatment triad for CVDs?

4. List 4 things you can do to minimize your risk of cardiovascular diseases.

5. What are HAPOC oils? What type of fats are common to HAPOC oils?