

## Lecture 8: 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?