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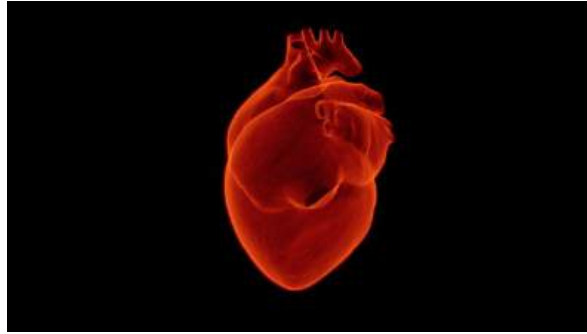
6th, 7th, 8th Grade Reading Mega Bundle

Reading Comprehension Passage & Questions

- ✓ Over 115 Readings! Covers all Science Topics
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Heart Disease



What is Heart Disease?

Heart disease¹ is a disorder in which a person's blood vessels are blocked. Heart disease is the leading cause of death among people in the United States but can also lead to other problems, such as heart attacks, chest pain, or strokes.

Did You Know?

A healthy lifestyle, including diet and exercise, can help prevent heart disease.

Causes of Heart Disease

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Smoking is one contributor to heart disease risk.

Signs and Symptoms

Some signs of heart disease include:

- Chest pain
- Shortness of breath
- Feeling weak
- Pain in the upper stomach, neck, and back
- Fast heartbeat
- Dizziness and fainting

¹ **Heart disease:** a disorder in which the blood vessels are blocked.

Testing for Heart Disease

Doctors have many ways to test for heart disease:

- Physical exams
- Electrocardiogram (ECG) test: inspects electrical activity of the heart for problems
- Chest X-ray
- Computerized tomography (CT) scan: combination of X-ray images showing slices of the body
- Blood tests



A CT scan can help doctors determine if a patient has heart disease.

Additional Problems Due to Heart Disease

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Staying active can both limit the effects of heart disease and help prevent the disorder.

Treatments

Eating healthy foods and staying active can limit the negative effects of heart disease. In addition, some medicines can aid blood flow to the heart. Others help the heart beat more effectively. Still others can widen blood vessels. Some people require surgery to help them recover from heart disease.

Preventions

You can protect yourself from heart disease by:

- Eating healthy food
- Staying active
- Not smoking or drinking
- Maintaining a healthy body weight
- Regular doctor visits

Reading Comprehension Questions:

1. What is heart disease?
2. What
3. What is the name of the substance that develops in blood vessels and what can it do to blood vessels?
4. What
5. What
6. List and explain two serious problems caused by heart disease.
7. List
8. Give two ways individuals can prevent heart disease.

Extension Questions

9. What do beta-blockers do?
10. Why

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References

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