

## Online Quiz

# Test Your Knowledge: Ten Questions on Primary Prevention of Cardiovascular Disease

This quiz is related to the Policy Forum in the March issue of *PLoS Medicine* (DOI: 10.1371/journal.pmed.0030050).

Gavin Yamey

**Question 1. What percentage of the global burden of coronary heart disease occurs in developing countries?**

- ☐ 20%–30%
- ☐ 40%–50%
- ☐ Over 60%

**Question 2. Where does ischemic heart disease rank in the leading causes of death in people aged 15–59 years?**

- ☐ It ranks first, followed by HIV/AIDS and then tuberculosis (TB)
- ☐ It ranks second after HIV/AIDS, and TB is third
- ☐ It ranks third after HIV/AIDS (first) and TB (second)

**Question 3. By 2010, how many annual deaths from coronary heart disease are expected to occur in India?**

- ☐ 1 million
- ☐ 2 million
- ☐ 3 million

**Question 4. Which of the following best reflects the evidence on giving statins for the primary prevention of coronary heart disease?**

- ☐ There is good evidence that statins reduce both coronary events and all-cause mortality in people at low annual coronary heart disease risk (less than 0.6%)
- ☐ There is good evidence that statins reduce both coronary events and all-cause mortality in people at an annual coronary heart disease risk over 0.6%
- ☐ There is good evidence that statins reduce coronary events in people at an annual coronary heart disease risk over 0.6%, but five systematic reviews found no clear evidence of a beneficial effect on all-cause mortality

**Question 5. Which of the following best reflects the evidence on eating a reduced or modified fat diet for primary prevention of cardiovascular disease?**

- ☐ There is no evidence at all that such a diet is associated with a reduction in cardiovascular events
- ☐ There is some evidence that such a diet is associated with a reduction in cardiovascular events but not with a reduction in all-cause mortality
- ☐ There is good evidence that such a diet is associated with a reduction in cardiovascular events and a reduction in all-cause mortality

**Question 6. Which of the following best reflects the evidence on physical activity for primary prevention of cardiovascular disease?**

- ☐ People who are physically active experience about a 30%–50% reduction in relative risk of coronary heart disease compared with people who are sedentary after adjustment for other risk factors
- ☐ Physical activity is associated with reduced risk of coronary heart disease but not of stroke
- ☐ There is a high absolute risk of sudden death after strenuous activity

**Question 7. Which of the following best reflects the evidence on the effects of eating more fruit and vegetables for primary prevention of cardiovascular disease?**

- ☐ Multiple RCTs have found good evidence that eating more fruit and vegetables reduces the risk of myocardial infarction and stroke
- ☐ Observational cohort studies have found good evidence that eating more fruit and vegetables reduces the risk of myocardial infarction and stroke
- ☐ There is no evidence that eating more fruit and vegetables reduces the risk of myocardial infarction and stroke

**Question 8. Which of the following best reflects the evidence on the effects of the antioxidants vitamin E and beta-carotene on primary prevention of cardiovascular disease?**

- ☐ There is evidence that both these antioxidants may cause more harm than good
- ☐ Trials have found that vitamin E, but not beta-carotene, reduces cardiovascular risk
- ☐ Trials have found that beta-carotene, but not vitamin E, reduces cardiovascular risk

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# Self Assessment Of Current Knowledge In Cardiovascular Disease

**BM King**



## Self Assessment Of Current Knowledge In Cardiovascular Disease:

Self-assessment of Current Knowledge in Cardiovascular Disease Robert A. O'Rourke, John Ross (Jr.), 1973

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