

## Chapter 18

Of the leading causes of death, which ones are affected by diet?

Obesity is a risk factor for what other diseases?

Understand the process of the development of atherosclerosis

What is C-reactive protein?

By what age do most people already have well developed plaque?

What is a reduction in blood flow to the brain called?

What are the risk factors for cardiovascular disease?

Which lipoprotein is related to increased risk of atherosclerosis?

What risk factors for atherosclerosis can be decreased by behavioral changes?

What are the contributors to metabolic syndrome?

What are the strategies for decreasing the risk of coronary heart disease?

Know the optimal resting blood pressure for adults

What are the recommendations for reducing blood pressure?

What is the DASH diet?

Know the characteristics of Type I and Type II diabetes

What is the primary defect in Type 2 Diabetes?

What other common problem is a major risk factor and affects the majority of Type II diabetics?

Know the symptoms of diabetes, the metabolic complications (figure 18-5)

Know the associated long term complications of diabetes

What is a carcinogen?

What are the dietary factors for cancer initiators?

What is a cancer promoter?

What are the recommendations for reducing cancer risk?