

CHAPTER 8	Thought Lab 8.1: Cardiovascular Health, Technology, and Society Answer Key	BLM 8.1.9A
ANSWER KEY		

Answers to Analysis Questions

1. The data and information you obtain will depend on the technologies you investigate; bodies and agencies such as Statistics Canada, the Canadian Heart and Stroke Foundation, the Canadian Cancer Foundation, and the Faculty of Medicine at the University of Alberta are suitable starting points for your research.
2. Most cardiovascular problems are directly related to lifestyle choices including smoking, obesity, high cholesterol levels, high blood pressure, and inactivity.
3. A personal commitment to healthy living can be a key factor in preventing heart disease and stroke.
 - Eat healthy foods and maintain a healthy weight.
 - Increase your physical activity.
 - Do not smoke.
 - Monitor and treat high blood pressure, high cholesterol and diabetes.

Answers to Extension Question

4. Base your arguments on fact and logic, rather than on emotions.