1) People who are at a healthy body weight don't have to worry about high cholesterol.

a) True b) False

2) You can feel “fine” even if your cholesterol and/or blood pressure are high.

a) True b) False

3) I should have my cholesterol checked every year after age 40.

a) True b) False

4) Heart disease runs in my family, so there’s nothing I can do to prevent it.

a) True b) False

5) Fish oil supplements can cure cardiovascular disease.

a) True b) False