

Translate into Chinese 5%	Write the abbreviation into English 5%
1. Atherosclerosis	6. MI
2. Angina pectoris	7. MUFA
3. Postmenopausal woman	8. CHF
4. Left ventricular hypertrophy	9. CHD
5. stroke	10. NO

Fill in the blank 60%

1. _____ is the precursor of NO.

2. Which dietary factors have the effect on lowering blood cholesterol? _____.

(1. Soluble fiber. 2. Insoluble fiber. 3. SFA 4. n-3 PUFA 5. n-6 PUFA 6. Trans fatty acid)

3. If a patient whose risk for developing CHD is 25% within 10 year, the goal for plasma LDL-C should be _____

4. Choose the factors that may lower the risk of CVD _____

(1. VLDL-TG 2. LDL-C, 3. HDL-C, 4. Apo A, 5. Apo B, 6. Lipoprotein(a))

5. Write down the foods rich in trans-fatty acids _____

6. The following fatty acids are classified as which fatty acid family:

1). Palmitic acid, 2). Lauric acid, 3). Linoleic acid, 4). Oleic acid, 5). stearic acid, 6).

EPA, 7). Arachidonic acid, 8). DHA, 9). Myristic acid 10). α -linolenic acid

SFA _____, n-3 fatty acids _____, n-6 fatty acids _____,

n-9 fatty acids _____

7. Low dose aspirin is usually used to prevent thrombosis, because _____

(enzyme) activity is inhibited.

8. _____ is usually considered as an inflammatory marker, and is related to the incidence of CVD.

9. If Mr. Wang's lab data showed: total cholesterol 235, TG 150, HDL-C 43 mg/dl.

What is his LDL-C level according to calculation? _____

10. What are the desirable plasma lipid profiles for healthy adults? Cholesterol _____,

triglyceride _____, HDL-C _____, LDL-C _____

11. What lipoproteins are elevated in type IIa and type IV hyperlipoproteinemia patients?

_____, _____. What blood lipids are elevated in these patients?

_____, _____

12. List 2 factors that may cause endothelial dysfunction. _____, _____

13. Choose the **most** abundant fatty acid in the following oils?

Safflower oil: _____, Olive oil: _____, Fish oil: _____, Coconut oil: _____, soybean oil

_____. (1. palmitic acid, 2. Lauric acid, 3. Linoleic acid, 4. Oleic acid, 5.

stearic acid, 6. EPA, 7. Arachidonic acid, 8. α -linolenic acid)

14. Alcohol has beneficial effect on preventing CVD because _____ (1. VLDL-C,

2. LDL-C, 3. HDL-C, 4. chylomicron) is elevated when alcohol is consumed.

How many grams of alcohol are allowed for the drinkers? _____ g/day, which is

equivalent to _____ drinks.

15. VLDLs are secreted by _____ (organ), the main apoprotein on VLDL is

16. For a patient with high plasma homocystine, what nutrients should be supplemented to reduce homocysteine concentration? _____, _____, _____

17. According to Joint National Committee IV, what is the optimal blood pressure for adults? _____ (SBP/DBP). Blood pressure higher than _____ can be classified as hypertension

18. 100meq Na = _____ g salt. Milk (240 cc) contains _____ mg Na.

19. What is the optimal ratio of Na/K _____, and the recommended K intake is _____ mmol/d. What are the foods rich in K _____

20. List 2 risk factors of CHF _____, _____

21. Please describe the fatty acid distribution of TLC diet. SFA _____%, PUFA _____%, MUFA _____% of total calorie.

_____ g dietary fiber is recommended in TLC diet.

Answer the following questions 30%

1. What is DASH diet? What kinds of foods do you suggest if DASH diet is prescribed?

2. Why bile acid sequestrant combined with HMG CoA reductase inhibitor can reduce plasma cholesterol effectively? Describe the mechanisms

3. Please describe the possible mechanisms for fish oil in reducing the tendency of platelet aggregation