

Complete the table below

Provide the correct sequence of events between 1 and 7	Events (steps 1 through step 7) in the process of arteriosclerosis
Step: __	Contact between lipid core and blood
Step: __	Cycles of continued plaque dislodgement with failed attempts of tissue healing (“vicious cycle of tear and repair”) that only worsen the situation.
Step: 1	Lipoprotein (cholesterol) deposition on the arterial lumen
Step: __	Macrophage activation, which then triggers plaque initiation.
Step: __	Oxidation and inflammation
Step: __	Tissue remodeling (of collagens and elastin), leading to thickening of the arterial wall.
Step: __	Plaque rupture and dislodgement

TRUE OR FALSE:

- Atherosclerosis usually develops in areas of the arteries where blood is flowing smoothly, better enabling fatty plaques to form.

Exam Style Questions:

Which of the following is **not true** of the process of atherosclerosis?

- Lipoprotein (cholesterol) deposition on the arterial lumen is a key step
- Oxidation and inflammation are key factors
- Tissue remodeling leading to thinner arterial walls is a key factor in late stage progression of vascular disease.
- The rupture of plaques and their dislodgement to the blood stream plays an important role.
- Atherosclerosis mostly affects larger, high-pressure vessels such as the heart arteries.

Which of the following is associated with atherosclerosis?

- including fruit and vegetables in every meal
- low-salt diets
- increased exercise
- high cholesterol diet
- high-fiber diets