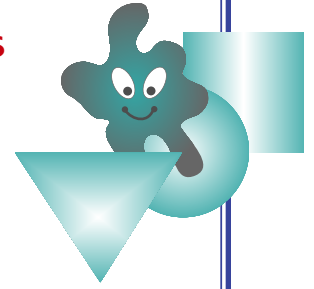


TEACHER CARD 1—Go over with students

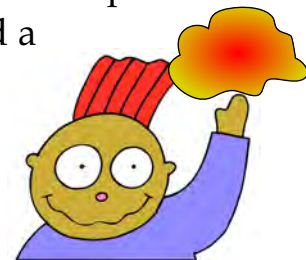
Teacher should demonstrate each zone on the board as information is discussed.



The board:

There are three *Atherozones* in the *Inflammopath* —

1. ***Atherozone 1: (green and yellow spaces)***
 - early progression and regression of atherosclerosis occurs
 - atherosclerosis can be reversed with healthy lifestyle changes
2. ***Atherozone 2: (orange spaces)***
 - progression of atherosclerosis to the point that *permanent* damage occurs in arteries
 - disease regression is possible with healthy lifestyle choices *and* medical intervention
3. ***Atherozone 3: (purple spaces)***
 - atherosclerosis is at a dangerous level-quality of life is affected
 - medical treatment may include prescription drug therapy and surgical procedures
4. ***Rupture Zone: (last space)***
 - a. represents dire consequences of atherosclerosis
 - b. fatal conditions can result when atherosclerotic lesions rupture, causing blood clots that may circulate and block arteries to the heart, brain, lungs, and other areas of the body
5. ***Progress and Regress***
 - a. **Progress:** Players move *forward* toward the rupture zone. In each zone, atherosclerosis *progresses* to a more advanced stage because of poor lifestyle choices, genetic risk factors, and/or lack of medical intervention.
 - b. **Regress:** Players move *backward* away from the rupture zone. In each zone, the disease can *regresse* toward a more healthy state due to healthy life-style choices, absence of genetic risk factors, and/or successful medical intervention.



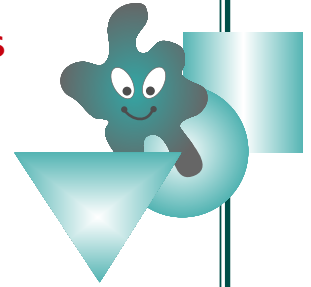
Positively Aging®/M. O. R. E.
2006©The University of Texas Health Science Center at San Antonio

LESSON 5

ACTIVITY 5B

TEACHER CARD 2—Go over with students

The reader should gather game parts and demonstrate each as information is read.



Game Strategy:

1. The object of the game is to avoid *The Rupture Zone*.
 - Movement along the *Inflammopath* is directed by *Atherocards*, which players draw at the beginning of each turn.
 - Players will progress (move forward) or regress (move backward) on the *Inflammopath* as directed on the card.
2. *Atherosclerosis Risk Score (ARS)*:
 - You will learn about the risk factors for atherosclerosis as you read their character profile.
 - *Table 1* on the *Student Data Page Part I* lists each character and the corresponding toss of the dice.
 - Using *Table 2 in Student Data Page Part I*, a starting *Atherosclerosis Risk Score (ARS)* will be determined for each player.
3. *Atherotoids*:
 - The *ARS* will determine how many *Atherotoids* a player will earn at the start of the game.
 - *Atherotoids* are good to have because they can be used in *Zone 3* to avoid moving into the *Rupture Zone*. Each *Atherotoid* represents a healthy lifestyle factor that can keep a player from progressing *1 space*.
4. *Game Log*:
 - Each player will record the life events on each *Atherocard* he or she draws during the game and the associated risk points. Each space moved is one risk point.
 - The Game Log is found in *Part II* of the *Student Data Page*.
5. Once a player lands in the *Rupture Zone*, the game is ended. All players calculate their end-of-game *ARS* as directed on the Game Log.



Positively Aging®/M. O. R. E.
2006©The University of Texas Health Science Center at San Antonio