

<u>Modifiable Risk Factors:</u>	<u>Educational Topic #1:</u>	<u>Educational Topic #2:</u>
Alcohol	Increases risk for cardiovascular disease and raises the levels of fat in the blood.	It can lead to high BP, HF, and stroke. It effects the hearts muscle and adds extra stress on the heart.
Tobacco	Major cause of CVD. Smoking can damage cells that line the blood and increase the buildup of plaque.	Smoking causes thickening and narrowing of blood vessels.
Hypertension	Worldwide, hypertension contributes to cardiovascular death more than any other risk factor. Over time, the heart can weaken without BP being controlled.	Lifestyle changes to help manage hypertension include: losing weight, eating a healthy, low-sodium diet, exercising more, stopping smoking, and limiting alcohol.
Sedentary Lifestyle	People that report sitting most of the day have a 54% higher risk of dying from cardiovascular related conditions.	Being inactive can lead to fatty material building up in the arteries, if they get clogged or damaged, they can lead to a heart attack or heart issues.
Abnormal Serum Lipids	An excessive amount of blood lipids can cause fat deposits in your artery walls, increasing your risk for heart disease.	LDL or “bad” cholesterol is the main lipid that causes damaging buildup and blockages in the arteries
Obesity	Obese individuals have greater amounts of blood, which makes the heart pump harder and can lead to heart failure over time.	People with certain metabolic risk factors who are obese are two and a half times as likely to develop heart disease as people of a normal weight.
Work-related stress	Stress can lead to high blood pressure, which can increase the risk for a heart attack and stroke. Chronic stress has been shown to be associated with increased cardiovascular events.	Experiencing emotional or physical stress causes an increase in heart rate, an elevation of BP, and release of stress hormones. All of these result in a greater workload on the heart.
Depression	When experiencing depression, there is reduced blood flow to the heart and the body produces higher levels of cortisol, a stress hormone. Over time the effects can lead to heard disease.	Incorporate healthy lifestyle changes one at a time. Get in the habit of exercising, even 10 minutes a day can improve your mood, mental well-being, lower the risk of depression and increase a person’s overall health.
Inadequate social support	The risk of incident CVD increased by 66% if individuals were socially isolated. The risk doubled if the individual had a low social support.	Improving social support and connectedness could not only lower depression but also helps reduce cardiovascular disease and death.

Hormone therapy	The need for HT should be considered and if there are other options for birth control. It increases the risk for blood clots and CVD.	The Women's Health Initiative tested the effects of estrogen in a randomized clinical trial, they found a higher risk of heart attack and throat.
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<u>Non-Modifiable Risk Factors:</u>	<u>Educational Topic #1:</u>	<u>Educational Topic #2:</u>
Diabetes	People with diabetes are 2-4 times more likely to develop cardiovascular disease. Cardiovascular disease remains the most common cause of death in people with diabetes.	Diabetic pts have an increased risk for developing heart disease because of the abnormal cardiac handling of glucose and free fatty acids, and because of the effect of the metabolic derangements of diabetes on the cardiovascular system.
Anemia	Anemia can worsen cardiac function because it causes cardiac stress through tachycardia and increases stroke volume. It can also cause a reduced renal blood flow and fluid retention, which added further stress to the heart.	Iron deficiency anemia may lead to a rapid or irregular heartbeat. The heart must pump more blood to compensate for the lack of oxygen carried in your blood when your anemic.
Rheumatic Fever	If not treated properly, rheumatic heart disease may occur. RHD weakens the valves between the chambers of the heart.	RHD is the result of inflammation in the heart. The inflammation is the body's immune response to an untreated bacterial infection. Over time it can damage a person's heart valves and disrupt blood flow.
Thrombophlebitis	A blood clot can obstruct or stop the flow of blood to major organs, such as the heart. If a blood clot narrows one or more of the arteries leading to the heart, muscle pain called angina can occur.	Treatment for Thrombophlebitis includes: applying heat to the painful area, elevating the affected leg, using and over the counter NSAID, and wearing compression stockings.
Stroke	Common heart disorders can increase a person's risk of having a stroke. CAD increases the risk	After having a stroke, the risk of having a major heart incident, ex. Heart attack, heart failure, or

	of a stroke because plaque builds up in the arteries and blocks the flow of oxygen rich blood to the brain.	cardiovascular death, 30 days later was 25 times higher in women and 23 times higher in men.
Dysrhythmias	A dysrhythmia may cause the heart to beat too quickly or too slowly. The rhythm may be disrupted and the person may feel like their heart skipped a beat.	Dysrhythmias are most common in people who are 60 years or older. Usually they are harmless, but sometimes they can risk a more serious condition.
Varicosities	Blood clots are a common complication of varicose veins and can cause pain and swelling.	Varicose veins can cause supraventricular tachycardia. It is a condition involving fast or erratic heart beats that effect the upper chamber of the heart.
Genetic Link	Inherited genetic mutations can affect the structure of the heart muscles, which can result in symptoms of heart failure.	Genetic factors can also play a role in high blood pressure, heart disease as well as other conditions. Having close blood relatives with heart disease can make you more likely to have heart disease. Finding and treating familial hypercholesterolemia early reduces heart disease by 80%.