

Modifiable	Patient Education	Nonmodifiable	Patient Education
Obesity	<p>-The mortality rate of people that are overweight and obese related to CVD is higher than those that are at a healthy weight.</p> <p>-We want to try and get BMI below 30 and waist circumference below 40 in. for men and 35 in. for women.</p> <p>-Recommend reducing daily caloric intake to reduce body weight as well as daily exercise.</p>	Ethnicity	<p>-White men have the highest risk of CAD, therefore there should be a higher emphasis on education related to modifiable risk factors for these patients.</p> <p>- Native Americans should be educated that the most common modifiable risk factors for their ethnicity group are tobacco use, hypertension, obesity and diabetes. Therefore, there should be education related to each topic in order to reduce the risk of CVD.</p>
Substance Use	<p>-The use of drugs such as cocaine or meth can lead to a heart attack or chest pain.</p> <p>-Often times, there is an increased need for oxygen for the myocardium as a result of substance use that can lead to a heart attack, an MI.</p>	Family history	<p>-I would educate that the genetic linkage can be between 40-60% in relation to the cause of CVD.</p> <p>-I would encourage patients to give a thorough family history of family members with angina, myocardial infarction and coronary artery disease in order for them to be assessed according to severity of risk factors.</p>
Sedentary Lifestyle	<p>-Exercise for 30 minutes at least 5 days per week in order to stay active and improve cardiovascular function.</p> <p>-Exercise not only helps with heart function, it also helps expand the lungs and improves</p>	Age	<p>-There is a higher risk for males over the age of 45.</p> <p>-For females, the risk is higher when they reach age 55.</p>

	respiratory function. It can also prevent clients from developing blood clots that can arise from a sedentary lifestyle.		
Smoking/tobacco use	<p>-Smoking decreases estrogen levels, which puts women at a higher risk for coronary artery disease because estrogen is helpful in protecting the heart.</p> <p>-Nicotine causes an increased heart rate and blood pressure that is related to vasoconstriction leading to an increased cardiac workload and increased LDL. When you stop smoking, your mortality rate from CAD reduces to that of someone who does not smoke within a 12 month period.</p>	Gender/Sex	<ul style="list-style-type: none"> - Men are more likely to face cardiovascular disease than women. I would educate that the standard screenings used are also more accurate/predictive when used for men. - Head disease is the leading cause of death in women, contrary to popular belief. They are also more likely to experience atypical signs of heart diseases such as SOB, upper back pain, palpitations, etc.
Hypertension	<p>-High blood pressure can lead to an increased risk for many kinds of cardiovascular issues such as a heart attack, congestive heart failure and even a stroke.</p> <p>-Something we can do to lower our blood pressure is to consume more vegetables and foods higher in unsaturated fats, and less foods with a high amount of saturated fats.</p> <p>-You may also talk to</p>		

	<p>your doctor about taking a medication in order to assist in lowering your blood pressure.</p>		
Poor cholesterol	<p>-Bad cholesterol can clog up the arteries, making it more difficult for blood to flow through them. This leads to higher blood pressures and an increased incidence for a heart attack.</p> <p>-Increased cholesterol makes it more difficult for blood to get where it needs to go, which can lead to poor tissue oxygenation.</p> <p>-We want to keep cholesterol below 200, LDL below 130, and HDL above 40.</p>		