

Modifiable & Nonmodifiable Risk Factors and Educational Topics for Cardiovascular Disease:

modifiable	nonmodifiable
<p>Hypertension</p> <ol style="list-style-type: none"> Educate on how it puts them at risk: *HTN damages your arteries and makes them stiff which decreases blood flow to the heart. Educate on how to prevent: * HTN can be managed by lifestyle changes and medication. Losing weight, regular exercise, a healthy low-sodium diet, lowering alcohol consumption, and smoking cessation can lower blood pressure. 	<p>Genetics/Family History</p> <ol style="list-style-type: none"> There are specific genetic links found in some families associated with CAD, HTN, and cardiomyopathy. Cardiogenomic profiles are a type of genetic testing you can get done to show your risk.
<p>High Cholesterol</p> <ol style="list-style-type: none"> Educate on how it puts them at risk: *High cholesterol creates a plaque buildup in your arteries. Educate on how to prevent: *There are two types of cholesterol high-density lipoprotein (LDL) AKA “bad cholesterol” and high-density lipoprotein (HDL) AKA “good cholesterol”. You should consume no more than 250mg of cholesterol/day. 	<p>Gender</p> <ol style="list-style-type: none"> Cardiovascular disease is more prevalent in men but is still the main cause of death in women aged 65 of older. Men usually develop cardiovascular disease at a younger age than women. Compared to men, it generally develops 7-10 years later in women.
<p>Sedentary lifestyle</p> <ol style="list-style-type: none"> Educate on how it puts them at risk: *Being inactive can lead to fatty material building up in your blood vessels, in turn damaging them. Educate on how to prevent: *Setting an obtainable goal to become more active in your daily schedule can help prevent this. A good goal to start with is walking for at least 30 minutes/day. 	<p>Comorbidities</p> <ol style="list-style-type: none"> Having a health history that includes angina, diabetes, anemia, rheumatic fever, streptococcal throat infections, congenital heart disease, stroke, HTN, thrombophlebitis, dysrhythmias, and varicosities can put you at higher risk for cardiovascular disease. Some of these comorbidities listed above can be prevented with lifestyle changes such as diet and exercise. It is important to see your primary doctor regularly to stay on top of any health discrepancies that can put you at risk.
<p>Stress</p> <ol style="list-style-type: none"> Educate on how it puts them at risk: *Stress elevates your heart rate and BP which negatively affects your blood vessels and heart long term. Educate on how to prevent: *Obtain coping skills that you find help you destress. Some examples could be 	<p>Age</p> <ol style="list-style-type: none"> The American Heart Association states the incidence of cardiovascular disease in comparison to age in the United States. From 40-59 years old 40% have CVD. From 60-79 years old 75% have CVD. Lastly, those above 80 years old 86%

Madison Proy

Modifiable & Nonmodifiable Risk Factors and Educational Topics for Cardiovascular Disease:

<p>meditation, exercise, spending time with friends, reading, engaging in your spirituality, picking up a new hobby, etc. The biggest thing is making time for yourself to unwind.</p>	<p>have CVD. 2. The older you are the more at risk you are at for developing cardiovascular disease especially after the age 65.</p>
<p>Obesity</p> <ol style="list-style-type: none"> Educate on how it puts them at risk: *Being overweight is linked to cardiovascular problems because the excess weight makes your heart work harder. Educate on how to prevent: *Choosing a healthier diet that includes fruits, vegetables, protein, and whole grains and increasing exercise. 	<p>Ethnicity</p> <ol style="list-style-type: none"> African Americans have the highest rate of cardiovascular disease in the US. 47% are affected by CVD and that number is looking to rise to 50% by 2035. It is being researched whether African Americans carry a gene that makes them more susceptible. Hispanics are at the second highest risk for cardiovascular disease in the US.
<p>Tobacco Use</p> <ol style="list-style-type: none"> Educate on how it puts them at risk: *Smoking elevates your heart rate, narrows blood vessels, and increases the risk of blood clots Educate on how to prevent: *Smoking cessation. Trying nicotine replacement therapy, avoiding triggers, and relaxation techniques may help. 	<p style="background-color: #cccccc;"> </p>
<p>Diet</p> <ol style="list-style-type: none"> Educate on how it puts them at risk: *As mentioned before high cholesterol is bad for your cardiovascular health. A diet high in saturated fats increases your LDL levels. Also, a high sodium intake can lead to hypertension which is also poor for your heart health. Educate on how to prevent: *Monitor salt and saturated fats in diet. Consume < 1,500mg of sodium/day and < 20 grams of saturated fat/day. 	<p style="background-color: #cccccc;"> </p>