

Unit 2 Assignment  
 Rebecca Norman  
 Due: 01/23/23 @0800

Risk factors

Non-modifiable:	Modifiable:
Left ventricular Hypertrophy	Diabetes mellitus
Previous Myocardial Infarction	Smoking: Mortality reduction 36% in patients with CAD who quit smoking
Male age >45 years	Hypertension
Female age > 55 years	Sedentary lifestyle
Family history	Obesity
	Cocaine abuse

2 educational topics for each risk factors:

Previous Myocardial Infarction: 1. I would educate of risk factors for myocardial infarction and educate on 2. Lifestyle changes to prevent a myocardial infarction.

Left ventricular Hypertrophy: 1. I would educate on lifestyle changes for lowering high blood pressure. 2. I would educate on taking blood pressure medication every day at the same time to make sure blood pressure is in healthy range.

Diabetes mellitus: 1. I would educate patient on risk factors for diabetes. 2. I would educate on helping lower blood sugar and managing high blood sugars. 3. I would also educate on exercising and lowering sugar/carbohydrate intake.

Smoking: Mortality reduction 36% in patients with CAD who quit smoking: 1. I would educate on smoking cessation. 2. I would educate the benefits of not smoking and how it lowers blood pressure and risk for CVD.

Hypertension: 1. Educate on lower blood pressure through exercise and modifiable risk factors. 2. Educate on taking blood pressure medications every day at the same time.

Male age >45 years: 1. Educate on risk factors that come with age. 2. Educate on exercise and a healthier lifestyle to prevent CVD.

Female age > 55 years 1. Educate on risk factors that come with age. 2. Educate on exercise and a healthier lifestyle to prevent CVD.

Sedentary lifestyle: 1. Educate of exercise and the benefits of a healthy lifestyle. 2: educate on benefits of a healthy lifestyle and how it can help prevent CVD.

Obesity: 1. Educate on exercise and benefits for a healthy lifestyle. 2: educate on weight loss and the benefit for weight loss and healthy lifestyle to prevent CVD.

Family history: 1. Educate on risk factors because of family history and preventing CVD. 2. Educate on signs and symptoms for CVD and screenings for CVD.

Cocaine abuse: 1. Educate on cocaine abuse cessation. 2. Educate on cocaine abuse rehabilitation and educate the effects of cocaine abuse on the cardiovascular system.